AgriCos e-Newsletter
ISSN: 2582-7049
AgriCos e-Newsletter
Open Access Multidisciplinary Monthly Online Magazine
Volume: 06 Issue: 09 September 2025 Article No: 14

Roselle: An Untapped Viand

Vidya* and Kavya D. O.
Ph. D Scholar, University of Horticultural Sciences, Bagalkot- 587104, Karnataka, India

SUMMARY

Hibiscus sabdariffa Linn. is an annual herbaceous shrub grown for its flowers and its leaves and seeds find applications in conventional medication. The plant's calyces are utilized to produce a cooling tea and for creating jellies and jams. It is documented to possess proteins, fats, carbohydrates, flavonoids, acids, minerals and vitamins. Furthermore, the crop has been known for its reported benefits, including antihypertensive, hepatoprotective, antihyperlipidemic, anticancer and antioxidant properties.

INTRODUCTION

In this modern commercial era, where we had attained self-sufficient in vegetable production with the major contribution of some commercially important vegetables like Onion, Tomato, Chilli, Okra, Cucumber and some other vegetables where the commercial vegetable growers focus at, inspite of hundreds of underexploited vegetables crops whose nutritional potential is much better than the everyday consumed other vegetable crops. So new crops have to be encouraged to fit into the changing food habits and life styles. Few of the under exploited vegetables are grown at home scales and they posses nutraceutical values with many desirable traits so, they have to be still probed. Therefore, it is need of the hour to explore, conserve and improve the genotypes of such untapped vegetable crops which further can be used as donor species to transfer some desirable traits of interest to their closely related species. These underexploited vegetables like *Hibiscus Sabdariffa* (Roselle), *Momordica cymbalaria*, *Cleome gynandra*, *Corchorus* species, Vernonia species (Bitter leaf), *Talinum triangulare* (Water spinach), *Ipomoea muricata* (Clove bean) and many more can also be used as medicinal plants (Da-Costa-Rocha *et al*., 2014).The genus *Hibiscus* comprises of 300 species including annuals and perennial herbs, shrubs and trees. Roselle is one of the highly nutritious vegetable botanically called *Hibiscus sabdariffa* belongs to the family Malvaceae with a basic chromosome number 18 (X = 18), originated from tropics, popularly known as Mesta, Gongura, Red Sorrel and mainly grown for succulent leaves, stem and also its matured stem yields fairly strong fibre (Mahadevan and Kamboj, 2009). The flower resembles hibiscus flower, calyces are highly nutritious and are used as colouring agents and flavouring agents. In Egypt preparations from the calyces are utilized for the cardiac diseases therapy and also to increase the production of urine (diuresis) (Riaz and Chopra, 2018).





The species *H. sabdariffa* comprises a more number of cultivated types which, on the basis of their growth habit *H. sabdariffa* var. *sabdariffa* having bushy and pigmented and cultivated for edible leaves and *H. sabdariffa* var. *altissima* Wester, tall growing unbranched which bears non edible leaves cultivated mainly for stem fibre. *Hibiscus sabdariffa* is most potentially grown species commercially as fibre plant. It is successfully grown as substitute for Jute.

The plant's stature is an herbaceous shrub, hardy and comes up well in most of the types of soils and climate and shows resistant to abiotic stress. It possess high degree of genetic resistance to root knot nematode. Rain or increased relative humidity during harvest can downgrade the quality and decrease the yield. The propagation can be performed by seeds. It comes to harvesting after 6 weeks of transplanting and further can be left to take the ratoon crop. It requires an around 180 days from sowing to produce satisfactory yield of fibre. Roselle can be easily grown as a component in mixed cropping system (Ross, 2003).

The crop posseses numerous health benefits where it is used for treating hypertension, pyrexia and liver disorders. It is known for antiseptic, aphrodisiac, astringent, demulcent, diuretic and sedative properties. The plant's leaf is known to contain carbohydrate, protein, fat and minerals. The flower yields dye and the major pigmented identified is daphniphylline. The oil is being extracted from seeds.

CONCLUSION

Plants have significantly contributed to human life by fulfilling essential needs such as food, clothing, shelter, and medicines. They form the cornerstone of time-tested medical systems such as Ayurvedic and Unani, which have withstood the test of time, consistently providing innovative remedies. Numerous medicinal plants, among them Hibiscus sabdariffa, which has been explored for their powerful phytochemical properties, offering potential therapeutic benefits for a range of diseases. Renowned for both its delicacy and medicinal attributes, Hibiscus sabdariffa is recognized for several health advantages.

REFERENCES

Da-Costa-Rocha, I., Bonnlaender, B., Sievers, H., Pischel, I. and Heinrich, M., 2014. Hibiscus sabdariffa L.–A phytochemical and pharmacological review. *Food chemistry*, *165*, pp.424-443. DOI: https://doi.org/10.1016/j.foodchem.2014.05.002.

Mahadevan, N. and Kamboj, P., 2009. Hibiscus sabdariffa Linn.–an overview. DOI: https://nopr.niscpr.res.in/handle/123456789/3769.

Riaz, G. and Chopra, R., 2018. A review on phytochemistry and therapeutic uses of Hibiscus sabdariffa L. *Biomedicine & Pharmacotherapy*, *102*, pp.575-586. DOI: https://doi.org/10.1016/j.biopha.2018.03.023.

Ross, I.A., 2003. Hibiscus sabdariffa. In *Medicinal Plants of the World: Volume 1 Chemical Constituents, Traditional and Modern Medicinal Uses* (pp. 267-275). Totowa, NJ: Humana Press. DOI: https://link.springer.com/book/10.1007/978-1-59259-887-8.