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ALFALFA

(*Medicago exact*)

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Alfalfa, also called Lucerne or Purple. Medic (*Medicago Sativa*), Perennial. The leguminous is like the Clover plant of the pea family. (Fabaceae), known for its tolerance to drought, heat, and cold. Also, the remarkable productivity and the quality of its herbage, and its value in soil improvement. It is widely grown primarily for hay, pasturage, and silage.



The plant, which grows 30-90 cm (1 to 3 feet) tall, arises from a much-branched crown that is partially embedded in the surface layer of soil.

As the plant develops, numerous stems bearing many trifoliolate leaves arise from the crown buds. Racemes of small flowers arise from the upper auxiliary buds of the stems with much sunshine, moderate heat, dry weather, and pollinating insects.

The primary root of alfalfa attains great depths. When 20 or more years of age, this taproot may descend as much as 15 m (50 feet) or more where the subsoil is porous. This accounts for the unusual ability of the plant to tolerate drought. The roots of seeding plants are known to penetrate the soil for 90 cm. (3 feet) at two months and for 180 cm. (6 feet) with plants five months of age not infrequently, newly established fields of alfalfa survive severe summer drought and heat when other leguminous plants with shallower and more branching roots succumb.

Original Location, Propagation, and Components

It also has the Indian name Alfalfa.

Alfalfa is one of the most diverse (nutritious) plants known to date. It is a legume plant and grown up to 50 cm. It has one leaf at a time. The flowers are purple.

Alfalfa is said to have been invented by the Arabs. She is proudly called the 'Emperor' and the mother of all eatable food items. They have been feeding on pods for many centuries. In Persia, it is known as Medicinal Grass.

Alfalfa is native to Europe. Experiments to grow alfalfa have been successful in temperate regions and tropical regions. It is found everywhere in India.

Alfalfa is rich in vitamins A, B, D, E, G, C, and K. It also contains Calcium, Magnesium, Phosphorous, Chlorine, Sodium, Potassium, and Silicon. All these elements are essential for our body.

Research by the US Department of Agriculture found that alfalfa is one and a half times higher in protein and less in carbohydrates than grains such as Wheat and Corn Proteins.

Alfalfa is beset with hazards of climate, diseases, and insects. Among the more serious of these are winterkill, bacterial wilt disease, alfalfa weevil, Lygus bugs, grasshoppers, spotted aphids, and leafhoppers in irrigated areas, alfalfa stands of three or more years of age have often become badly thinned by infestations of the soil-borne bacterial with *Phytophthora* Insidiosum organism.

The words medicinal herbs often lead to the thought of some miraculous and supernatural cures. Our ancient literature has references not only to plants reputed to cure difficult and incurable diseases but also to plants related with many magical properties. For example, we read of certain seeds 'treated' with oracles (mantras) and thrown on somebody to entice him, certain roots chewed to increase the longevity of life or a few drops of juice of a plant put in the mouth of the dead to bring him back to life.

Medicinal Properties

Alfalfa seeds, leaves are rich in medicinal properties. Its roots go up to 12 meters deep in the soil and absorb minerals. Among them, manganese is very important. It is essential for digestion and insulin production. Alfalfa has alkali properties. 130 to 142 min per 100 gm. of alfalfa. Gr. Alkaline constituents are substances. Because of this, it is useful in many diseases. Alfalfa is a mild astringent, digestive, diuretic, and an excellent tonic. Alfalfa facilitates bowel movements and improve digestion, and helps indigestion. It works to boost health and boost the immune system in old age.

Inflammation of the Limbs

Alfalfa helps in kidney function as it is a diuretic. Alfalfa reduces inflammation of the bladder. Alfalfa reduces swelling of the body due to the accumulation of water in the body.

Heart Disease

Alfalfa juice is very effective in treating vascular disorders and heart ailments. Use fresh leaves for this if the leaf juice is taken with Carrot juice, it works very effectively. The mixture enhances the properties of both juices.

Respiratory Disorders

Alfalfa contains chlorophyll which is useful in treating sinus disorders and reparatory diseases.

Digestive System

Alfalfa seeds are called the king of twisted grains. These seeds are very valuable for health. Used in daily diet, it does not cause digestive disorders. Those who have hyperacidity should drink tea from these seeds. Because these seeds have alkaline properties. These seeds help control hydrochloric acid in the stomach, as well as improve the function of pepsin, a digestive juice.

If the meal is too much, take tea made with alfalfa seeds and mint. Food is digested quickly. Tea relaxes the scalp. If this tea is taken in the morning, the excitement increases.

Rheumatism

Tea made from alfalfa seeds is good for rheumatism. This tea enhances the alkali properties. Take this tea 6 to 7 times daily for two weeks.

For hair

If a mixture of carrot juice, lettuce juice, and alfalfa leaf juice is taken daily, hair growth will be faster. This mixed juice has a good effect on the hair roots.

Hypertension

Alfalfa is highly effective in treating high blood pressure. Alfalfa reduces the stiffness of blood vessels and makes them flexible again.

How to use

Alfalfa can be used in many ways. Soak the seeds. They are very tasty and nutritious. Add the seeds to salads, soups, and sandwiches. Alfalfa leaf juice should also be taken. Make tea with seeds and leaves. Let the leaves dry. Tea works whether taken hot or cold. Add some honey to taste.

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