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Anethum graveolens subsp. *sowa*

[Synonyms : *Anethum sowa*, *Peucedanum graveolens*]

INDIAN DILL is an annual or biennial. Native to tropical Asia (especially India) it has yellow flowers.

It is also known as East Indian dill, Japanese dill, *Sabasige* (Kannada, Telugu), *Satapushpi* (Sanskrit), *Sathakuppi sompa* (Tamil), *Soi* (Kashmiri), *Sowa* (Bengali, Hindi, Punjabi, Urdu), and *Surva* (Gujarati, Marathi).

An essential oil is extracted from the seeds.

The seeds are longer and narrower than those of dill (*Anethum graveolens*) and have a caraway-like (*Carum carvi*) smell and a slightly sharp but warm and aromatic taste.

Graveolens is derived from Latin *gravis* (heavy, weighty) and *oleo* (to emit an odour, smell) components meaning ‘strong-smelling or heavily-scented’. *Sowa* is a local Indian name for the plant.

Indian dill is used to season meats, soups and salads.

The essential oil is used in the manufacture of soap and insecticides.

Medicinally, like dill, Indian dill has long been used to treat stomach upsets and is also used to ease wind in infants.