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Brassica juncea

[Synonyms : *Brassica integrifolia*, *Brassica japonica*, *Brassica juncea* var. *crispifolia*, *Brassica juncea* var. *japonica*, *Brassica lanceolata*, *Brassica rugosa*, *Brassica willdenowii*, *Sinapis juncea*]

BROWN MUSTARD is cultivated as an annual. It has small, bright yellow flowers.

It is also known as *Aba* (Singhalese), *Asal rai* (Punjabi), *Brukev sítinovitá* (Czech), *Cải canh* (Vietnamese), Chinese mustard, *Hořčice sareptská* (Czech), Indian mustard, *Indischer Bauernsenf* (German), *Indischer Senf* (German), Juncea mustard, *Kadugu* (Tamil), *Kapusta* (Slovak), Leaf mustard, *Mostaza de Indias* (Spanish), *Moutarde de Chine à feuille de chou* (French), Mustard, Mustard cabbage, Mustard greens, *Rai* (Gujarati, Hindi, Punjabi, Urdu), *Rutensenf* (German), *Sareptanasinappi* (Finnish), *Sareptasenap* (Swedish), *Sarepta-Senf* (German), *Sarson* (Hindi, Punjabi, Urdu), *Sawi-sawi* (Malay), *Senf* (German), Swatow mustard, and Tame mustard.

Juncea is derived from the genus name *Juncus* meaning ‘like plants in that (rush, reed) genus’.

Brown mustard is grown as a vegetable in China and India, and in the latter the oil from the seeds is used for cooking.

In India some authorities have noted that the leaves have provided cattle fodder.

Medicinally, in south-eastern Asia, the seeds are applied externally in poultices to treat inflammation and gout. In Java (now an Indonesian island) the seeds have also been used in the treatment of some venereal diseases, and in North America some of the Navajo Indian tribe used brown mustard to treat various stomach upsets. The leaves are used today to encourage appetite.