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Curcuma angustifolia

EAST INDIAN ARROWROOT is a perennial. Native to the Himalayas and India, it has yellow flowers.

It is also known as *Ararutgaddalu* (Telugu), Arrowroot, *Baarkhe sarro* (Nepalese), Bombay arrowroot, *Chakum* (Nepalese), *Haledo* (Nepalese), *Hardii* (Nepalese), Indian arrowroot, *Kaalo haledo* (Nepalese), *Koova* (Malayalam), *Koovehittu* (Kannada), *Kua* (Tamil), *Kukaikkilanku* (Tamil), *Kukainiru* (Tamil), *Kuva* (Malayalam), *Kuvaikkilanku* (Tamil), *Kuva kizhanna* (Malayalam), Tall hidden ginger, *Tavakeera* (Marathi), *Tavakhira* (Hindi), *Tavakila* (Marathi), *Tavakshira* (Sanskrit), *Tavakshiri* (Sanskrit), *Tavaksira* (Sanskrit), *Tavaksiri* (Sanskrit), *Tavashira* (Persian), *Tikar* (Hindi), *Tikhar* (Hindi), *Tikhur* (Bengali, Hindi), *Tikor* (Hindi), *Tikora* (Hindi), *Tikur* (Hindi), and *Tugaksiri* (Sanskrit).

Angustifolia is derived from Latin *angusti-* (narrow) and *-folia* (leaved) components. Medicinally, the underground stem is used.