

You are viewing one of thousands of biographies – click below for more, including Search box and access to Plant associated organisations.

[Plant Biographies](#)

[Bibliography](#)

---

*Podophyllum hexandrum*

[Synonyms : *Podophyllum emodi*, *Sinopodophyllum emodi*]

**HIMALAYAN APPLE** is a perennial. Native to Afghanistan, the Himalayas and south-western China it has small, prominently yellow-centred, white or pale pink flowers.

It is also known as *Banbaigan* (Hindi), *Bankakri* (Punjabi), *Banwangan* (Kashmiri), Chinese mayapple, *Fotblad* (Swedish), Himalayan mandrake, Himalayan mayapple, Indian mayapple, Indian podophyllum, *Indiskt fotblad* (Swedish), *Maiapfel* (German), *Padwal* (Marathi), *Papra* (Hindi), *Patvel* (Marathi), and *Venivel* (Gujarati).

Warning – unripe fruit are poisonous, and the underground stems can be strongly purgative if taken in large doses.

Himalayan apple is officially recognised as an endangered species in the wild due to over-exploitation.

*Hexandrum* is derived from Greek *hexa-* (six) and *andro-* (man) components meaning ‘with six stamens’.

Locally the plum-like, ripe red fruit have been eaten raw.

Medicinally, local Indian herbalists have used the dried roots and underground stem for treating tumours and skin diseases, and Hindi herbalists have chosen the latter for easing bile. The underground stem attracted especial attention in the West in the last quarter of the 20<sup>th</sup> Century as a possible source of drugs that could be used to treat cancer – and current research is also considering whether the plant could be used to ease rheumatoid arthritis.