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*Swertia chirata*

[Synonyms : *Ophelia chirata*]

**CHIRETTA** is an annual. Native to northern India (particularly the Himalayas) it has small purple-veined, greenish-yellow flowers.

It is also known as Brown chirata, *Chiragita* (Marathi), Chirata (Bengali and English), *Chirayata* (Hindi), Chirayta, *Chireta* (Bengali and Hindi), *Dowa-i-pechish* (Persian), *Driesenzenzian* (German), Indian balmony, Indian gentian, *Kairata* (Sanskrit), *Kalamegh* (Indian), *Kalapnath* (Indian), *Kasab-ud-aura* (Arabic), *Kirata-tikta* (Sanskrit), *Kiryat-charayatah* (Hindi), *Nelabevu* (Kannada), *Nelaveppa* (Malayalam), *Nilavembu* (Tamil and Telugu), *Swertia* (Italian), *Swertie* (French), and White chirata.

Warning – excessive doses cause vomiting.

*Chirata* is a local Nepalese name.

The plant can be found on sale in Indian bazaars where it is particularly sought as an ingredient of fever remedies and is popular with Muslim and Hindu physicians.

Medicinally, chiretta has been used as a tonic and in treatment for gout, liver disorders and constipation.