Persicaria odorata

**Persicaria odorata**, the Vietnamese coriander, is a herb whose leaves are used in Southeast Asian cooking. Other English names for the herb include Vietnamese mint, Vietnamese cilantro, Cambodian mint, hot mint, and laksa leaf. Its Vietnamese name is *rau răm*, while in Indonesia, Malaysia and Singapore it is called *daun kesum*, *daun kesom* or *daun laksa*. In Thailand, it is called *phak phai* (ผักไฝ) and the Hmong word for it is *luam laws*. In Laos, it is called *phak phaew* ( ), and in Cambodia *chi krasang tomhom* ( ) or *chi pong tea koun* ( ). In North-East India, Manipur state uses this as garnishing herb over various cuisines like eromba and singju. Manipuris called it as *Phak-Pai*.

It is neither related to the mints, nor is it in the mint family Lamiaceae but the general appearance and odor are reminiscent. *Persicaria* is in the family Polygonaceae, collectively known as smartweeds or pinkweeds.

### 3 Components

Its oil contains aldehydes such as decanal (28%) and dodecanol (44%), as well as the alcohol decanol (11%). Sesquiterpenes such as α-humulene and β-caryophyllene comprise about 15% of its oil.

C-Methylated homoisoflavanones (3-(4’-methoxy-benzyl)–5,7-dihydroxy-6-methyl-8-methoxy-chroman-4-one, 3-(4’-methoxy-benzyl)–5,7-dihydroxy-6,8-dimethyl-chroman-4-one, 3-(4’-hydroxy-benzyl)–5,7-dihydroxy-6,8-dimethyl-chroman-4-one, 3-(4’-hydroxy-benzyl)–5,7-dihydroxy-6-methyl-8-methoxy-chroman-4-one and 3-(4’-hydroxy-benzyl)–5,7-dihydroxy-6-methyl-chroman-4-one) can be found in the rhizomes of *P. odoratum*.

### 4 Traditional uses

Although there are no scientific researches to prove the libido effects but traditionally, in Vietnam *Persicaria odorata* is believed to repress sexual urges. There is a saying in Vietnamese, *rau răm, giá sống* ("Vietnamese coriander, raw bean sprouts") meaning that Vietnamese coriander has the ability to reduce sexual desires, while bean sprouts have the opposite effect. Many Buddhist monks grow coriander in their private gardens and eat it frequently as a helpful step in their celibate life.

### 5 External links

- Vietnamese Coriander (Persicaria odorata (Lour.) Sojak) page from Gernot Katzer’s Spice Pages
6 References


7 Text and image sources, contributors, and licenses

7.1 Text


7.2 Images

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