

# The Lotus Plant



The Lotus Plant is both helpful and harmful. Almost all parts of the plant are eaten or used in medicine.

The Blue Lotus can produce mild psychoactive effects, making a person feel very calm, like a drug.



The powerful Lotus plant has been used in East and South East Asian traditional medicine and cuisine for centuries. The lotus' long history has earned it the title of India's national flower and a symbol of purity in Buddhist and Hindu traditions.

[http://www.softschools.com/facts/plants/lotus\\_facts/540/](http://www.softschools.com/facts/plants/lotus_facts/540/)

<http://www.sacredbluelotus.com/html/effects.html>



**Medicinal uses:**  
Leaves can treat fever, sunstroke, and dysentery, among other things

The petals help treat syphilis, and periods.

The fruit contains alkaloids that stop bleeding.

The seeds treat insomnia and high fevers.