



## PLANTAIN LEAF

**Botanical Name:** *Plantago major*

**Common Name:** Broad-leaf plantain, greater plantain, white man's foot

**Medicinal part:** Leaves

**Description:** *Plantago major* is a species of flowering plant in the plantain family Plantaginaceae. The plant is native to most of Europe and northern and central Asia, but has widely naturalised elsewhere in the world. *Plantago major* is one of the most abundant and widely distributed medicinal crops in the world. *Plantago major* is an herbaceous perennial plant with a rosette of leaves 15–30 cm in diameter.



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