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Coix Seeds: Health and Medicinal Benefits

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Abstract

Coix (also known adlay, adlay millet or Job's tear) is a Chinese medicinal plant that grows across Asia and has been consumed in various forms for centuries. It is a tall grain-bearing perennial tropical plant belongs to the family Poaceae.

Keywords Common; Coix; Tropical; Poaceae; Tear

Introduction

The entire coix plant and its seed pod has tear drop appearance, which is the English equivalent of the Latin species name (*Lacrima*=tear) [1]. There are two main varieties of the species; wild (*Coix lacryma jobi)* and the cultivated variety *Coix lacryma jobi* var. *ma-yuan*. [2].

Plant coix belongs to sub tribe Maydeae. Linnaeus gave the botanical name in 1753, relying upon an existing population. There are 2 types of Coix plant: nutritive and ornamental [2]. Seed of coix is used in salad and porridge. Seed coix is otherwise called as barley-coix because of its size and appearance with Barley. Plant coix is also like Maize plant. Coix may be both perennial and annual in nature [3]. The plant is widely used as nutritive forage and medicine. They also have a hole in the centre which makes them ideal for beading purposes [4].

This plant is weed in commercial rice fields. Seed of coix have 50% starch. The nutrient content is mentioned in **Table 1**.

Protein	15.4 g
Carbohydrate	65.3 g
Ca	25 mg
p	435 mg
Fe	5 mg
B1	0.28 mg
B2	0.19 mg
Niacin	4.3 mg

Table 1: Nutrient contents of coix per 100 g [5].

Job's tears are well known for its health benefits due to its rich antioxidant and high fibre content [4]. The Extract of the Coix plant is used in Chinese medicine for treatment of cancer [5]. Coix is suitable for relieving muscle spasm and blood sugar regulations [6,7]. This plant is used for the treatment of abdominal bloating, constipation, diarrhoea and also has anti-allergic properties [8,9].

Conclusion

This article presents a short review on the perspective of the health benefit of *Coix* plant. More research should be carried out to explore the therapeutic value of this plant.

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