



The **luffa**, **loofah**, or **lufah** (from [Arabic](#) subtropical and tropical are ([vines](#) comprising the genus **Luffa**),

the only genus of the subtribe

Luffinae

. The fruit of at least two species,

Luffa acutangula

and

Luffa aegyptiaca (*Luffa cylindrica*)

, is grown, harvested before maturity, and eaten as a

[vegetable](#)

, popular in

[Asia](#)

and

[Africa](#)

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The ripe, dried fruit is also the source of the loofah or plant sponge.

Luffa species are used as food plants by the [larvae](#) of some [Lepidoptera](#) species including

[Hypercompe albicornis](#)

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The fruit section of *L. aegyptiaca* may be allowed to mature and used as a bath or kitchen [sp](#)

[onge](#)

after being processed to remove everything but the network of

[xylem](#)

. Marketed as

luffa

or

loofah

, the sponge is used like a body scrub. Softly-textured luffa sponges are not derived from the luffa fruit, but are manufactured by folding in several layers of soft mesh-like fabric into a cloud-like shape; commonly used in tandem with shower soaps.

Its juice is used as a natural remedy for [jaundice](#). The juice is obtained by pounding the bitter luffa and squeezing it through a cloth. Bitter luffa seeds and dry crusts are also available and can be used for the same purpose.

In China and the Philippines, the Luffa or Patola is eaten as a green vegetable in various dishes.

In Paraguay panels are made out of luffa combined with other vegetable matter and recycled plastic. These can be used to create furniture and construct houses.

[Source](#)