

<http://en.wikipedia.org/wiki/Cymbopogon>

Lemongrass is native to India and tropical Asia. It is widely used as an herb in Asian cuisine. It has a subtle citrus flavor and can be dried and powdered, or used fresh. Lemongrass is commonly used in teas, soups, and curries. It is also suitable for poultry, fish, beef, and seafood

East-Indian Lemon Grass (*Cymbopogon flexuosus*), also called Cochin Grass or Malabar Grass (Malayalam: (inchippullu), is native to Cambodia, Vietnam, India, Sri Lanka, Burma, and Thailand

Lemon grass is also known as Gavati Chaha in the Marathi language (Gavat=grass; Chaha=tea), and is used as an addition to tea, and in preparations like 'kadha,' which is a traditional herbal 'soup' used against coughs, colds, etc. It has medicinal properties and is used extensively in Ayurvedic medicine. It is supposed to help with relieving cough and nasal congestion.[citation needed]

In Kerala, lemon grass is steeped as an herbal tea called "Chukku Kaapi", literally "dried ginger coffee";