



Ministry of Agriculture

BENEFITS OF MUCUNA PLANT

Introduction

- *Mucuna pruriens* (Mucuna) is a tropical legume belongs to the family Fabaceae known as velvet bean native to Africa, Asia and widely naturalized.
- It is an annual, climbing shrub with long vines that can reach 10 meters in length.
- The leaves are tripinnate, ovate, reverse ovate, rhombus-shaped or widely ovate.
- Mucuna bears white, lavender, or purple flowers.
- Mucuna pods are about 10 cm long and contain an average of 5 seeds.
- The seeds are shiny black, greyish or brown

Benefits of Mucuna Plants

- Easy to establish using matured seeds
- Fast growing and covers the soil quickly.
- It suppresses weeds.
- Increases earthworm population in the soil.
- Increases the availability of Phosphorus and other essential minerals in the soil.
- It has nodules on the roots which fix atmospheric nitrogen into the soil.
- Can be cultivated in a field and left fallow for 4, 6 or 9 months and later cultivated in soil as green manuring
- Resistance to pests and diseases.
- It reduces parasitic nematodes in soil.

