

Calotropis procera

Calotropis procera, also known as apple of Sodom or milkweed, is a species of flowering plant belonging to the Apocynaceae family (Dogbane Family). It is native to North Africa, the Middle East, and the Indian subcontinent and is found in arid and semi-arid regions.

Kingdom: Plantae

Order: Gentianales

Family: Apocynaceae

Genus: *Calotropis*

Species: *C. procera*



Indian Language Names for *Calotropis procera*

Hindi: Aak (आक)

Bengali: Akondo (আকন্দ)

Tamil: Erukku (எருக்கு)

Telugu: Jilledu (జిల్లేడు)

Kannada: Jilledu (ಜಿಲ್ಲೆಡು)

Malayalam: Erukku (എറുക്ക്)

Marathi: Rui (रुई)

Gujarati: Aakado (આકડો)

Odia: Akanda (ଆକଣ୍ଡା)

Punjabi: Ak (ਅੱਕ)


Medicinal Properties of *Calotropis procera*:

1. **Anti-inflammatory Effects:** *Calotropis procera* contains bioactive compounds such as alkaloids, flavonoids, and phenolic compounds, which exhibit anti-inflammatory properties. It is used to reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and skin inflammation.

2. **Analgesic Properties:** *Calotropis procera* has analgesic properties, meaning it can help relieve pain. It may be used to alleviate various types of pain, including headaches, muscle aches, and joint pain.

3. **Antimicrobial Activity:** *Calotropis procera* exhibits antimicrobial properties, which can help inhibit the growth of bacteria, fungi, and other microorganisms. It may be used to treat infections caused by pathogens such as *Staphylococcus aureus*, *Escherichia coli*, *Candida albicans*, and *Aspergillus* species.

4. **Wound Healing:** *Calotropis procera* is traditionally used to promote wound healing and relieve skin irritations. It helps cleanse wounds, reduce inflammation, and stimulate tissue regeneration, accelerating the healing process. *Calotropis procera* latex or leaf paste may be applied topically to cuts, burns, and insect bites.



5. **Anti-cancer Potential:** Some studies suggest that *Calotropis procera* may have anti-cancer properties, inhibiting the growth of cancer cells and inducing apoptosis (programmed cell death) in certain types of cancer. Further research is needed to explore its potential as a cancer treatment.

6. **Cardiovascular Health:** *Calotropis procera* has been investigated for its potential cardioprotective effects. It may help lower blood pressure, reduce cholesterol levels, and improve cardiovascular health.

7. **Respiratory Relief:** In traditional medicine, *Calotropis procera* is used to alleviate respiratory symptoms such as cough, bronchitis, and asthma. It helps relieve bronchial congestion and improve breathing.

8. **Antioxidant Activity:** *Calotropis procera* contains antioxidants that help neutralize free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may help prevent chronic diseases.

