

## *Centratherum punctatum*

*Centratherum punctatum*, commonly known as Brazilian button flower or Kesavardhini in Ayurveda, is a flowering plant belonging to the Asteraceae family (Aster or Sunflower Family). It is native to tropical regions of the Americas but is also found in other parts of the world, including Asia and Africa. In Ayurvedic medicine, Kesavardhini is known for its medicinal properties.

**Kingdom:** Plantae

**Order:** Asterales

**Family:** Asteraceae

**Genus:** *Centratherum*

**Species:** *C. punctatum*



**Centratherum punctatum is known by various names in Indian languages:**

Hindi: Keshavardhini

Bengali: Keshavardhini


Tamil: Kesavardhini

Telugu: కేశవర్ధిని మొక్క

Malayalam: കശവർദ്ദിനി ചെടി

### **Medicinal Properties of *Centratherum punctatum* (Kesavardhini):**

1. **Liver Health:** Kesavardhini is traditionally used in Ayurveda to support liver health and promote liver function. It is believed to have hepatoprotective properties, helping to protect the liver from damage caused by toxins, pollutants, and medications. Kesavardhini may be used to improve liver detoxification and treat liver disorders such as jaundice and hepatitis.



2. Digestive Health: Kesavardhini is used to promote digestive health and alleviate digestive disorders such as indigestion, bloating, and flatulence. It may help improve digestion, stimulate appetite, and relieve gastrointestinal discomfort. Kesavardhini is sometimes used as a digestive tonic to support overall digestive function.

3. Anti-inflammatory Effects: Kesavardhini exhibits anti-inflammatory properties, which can help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and inflammatory bowel diseases. It may help relieve pain, swelling, and stiffness associated with these conditions.

4. Antioxidant Activity: Kesavardhini contains antioxidants such as flavonoids, phenolic compounds, and vitamins, which help neutralize free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may help prevent chronic diseases.

5. Immune Support: Kesavardhini is believed to have immunomodulatory properties, helping to regulate the immune system and enhance its response to infections and diseases. It may help strengthen the immune system and improve overall immune function.

6. Wound Healing: Kesavardhini is used topically to promote wound healing and relieve skin irritations. It may help cleanse wounds, reduce inflammation, and stimulate tissue regeneration, accelerating the healing process.

7. Antimicrobial Activity: Some studies suggest that Kesavardhini may have antimicrobial properties, which can help inhibit the growth of bacteria, fungi, and other microorganisms. It may be used to prevent infections and promote overall health.

8. Menstrual Disorders: In traditional medicine systems, Kesavardhini is sometimes used to regulate menstrual cycles and alleviate symptoms of menstrual disorders such as irregular periods, menstrual cramps, and excessive bleeding.

