

Clitoria ternatea

Clitoria ternatea, commonly known as Butterfly pea or Shankhpushpi, is a perennial herb belonging to the Fabaceae family (Pea Family). It is native to Southeast Asia but is also found in other tropical and subtropical regions. Shankhpushpi has been used in traditional Ayurvedic medicine for its various medicinal properties.



Kingdom: Plantae
Order: Fabales
Family: Fabaceae
Subfamily: Faboideae
Genus: *Clitoria*
Species: *C. ternatea*




Indian Language Names for *Clitoria ternatea*

Hindi: Shankhpushpi (शंखपुष्पी)
Bengali: Aparajita (অপরাজিতা)
Tamil: Shankhapushpi (சங்கபுஷ்பி)
Telugu: Sankhupushpam (శంఖుపుష్పం)
Kannada: Gokarna (ಗೋಕರ್ಣ)
Malayalam: Sangu pushpam (ശംഖുപുഷ്പം)
Marathi: Shankhvali (शंखवेल)
Gujarati: Aparajita (અપરાજિત)
Odia: Aparajita (ଅପରାଜିତ)
Punjabi: Aparajita (ਅਪਰਾਜਿਤ)

Medicinal Properties of *Clitoria ternatea* (Shankhpushpi):

- 1. Memory Enhancement:** Shankhpushpi is traditionally used in Ayurveda as a brain tonic to enhance memory, improve cognitive function, and promote mental clarity. It is believed to have neuroprotective effects and may help prevent age-related cognitive decline.
- 2. Stress and Anxiety Relief:** Shankhpushpi is known for its calming and anxiolytic properties. It is used to reduce stress, anxiety, and nervousness, promoting relaxation and a sense of well-being. Shankhpushpi is often used as an adaptogen, helping the body adapt to stress and maintain balance.



3. **Sleep Aid:** Shankhpushpi is used to promote restful sleep and alleviate insomnia. It helps calm the mind and induce relaxation, making it easier to fall asleep and improve sleep quality. Shankhpushpi may be consumed as a tea or herbal supplement before bedtime.

4. **Nervine Tonic:** In Ayurvedic medicine, Shankhpushpi is considered a nervine tonic that supports overall nervous system health. It may help strengthen nerve function, reduce nervousness, and improve resilience to stress.

5. **Antioxidant Activity:** Shankhpushpi contains antioxidants such as flavonoids and polyphenols, 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.

6. **Anti-inflammatory Effects:** Some studies suggest that Shankhpushpi has anti-inflammatory properties, which can help reduce inflammation in the body. It may be beneficial for conditions such as arthritis, inflammatory bowel diseases, and skin inflammation.

7. **Cardiovascular Health:** Shankhpushpi may help support cardiovascular health by lowering blood pressure, reducing cholesterol levels, and improving blood circulation. It may help reduce the risk of heart disease and stroke.

8. **Diuretic Effects:** Shankhpushpi has diuretic properties, meaning it promotes the production of urine and helps eliminate excess fluids and waste from the body. It may be used to support kidney health and treat conditions such as edema and urinary tract infections.

