

Eclipta prostrata

Eclipta prostrata, commonly known as False Daisy or Karisalankanni in Tamil, belongs to the Asteraceae family. It is a small annual herb native to tropical and subtropical regions and is found in various parts of the world, including Asia, Africa, and the Americas. *Eclipta prostrata* has been widely used in traditional medicine systems for its medicinal properties.



Kingdom: Plantae
Order: Asterales
Family: Asteraceae
Genus: *Eclipta*
Species: *E. prostrata*





Common Names of *Eclipta prostrata*

Hindi: Bhringraj or Bhangra
Bengali: Kesuriya or Kesuraj
Telugu: Galagara
Kannada: Garagadasoppu or Kaikeshi
Malayalam: Kayyunni
Marathi: Maka or Kesuriya
Gujarati: Bhangra
Odia: Keshuri or Kesuraj
Punjabi: Bhangra

Medicinal Uses of *Eclipta prostrata* (Karisalankanni)

1. **Hair Care:** *Eclipta prostrata* is commonly used in traditional medicine for hair care. It is believed to promote hair growth, prevent hair loss, and maintain scalp health. Extracts of *Eclipta prostrata* are often used in hair oils, tonics, and shampoos to nourish the hair follicles, strengthen the hair shaft, and improve overall hair texture.
2. **Liver Health:** In traditional Ayurvedic medicine, *Eclipta prostrata* is used to support liver health and treat liver disorders. It is believed to have hepatoprotective properties, helping to protect the liver from damage and promote its regeneration. *Eclipta prostrata* may be used in herbal formulations for liver detoxification and to improve liver function.

- 
- 
3. **Anti-inflammatory Effects:** *Eclipta prostrata* exhibits anti-inflammatory properties, which can help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, dermatitis, and gastrointestinal disorders. It may help relieve pain, swelling, and redness associated with inflammation.
 4. **Antioxidant Activity:** *Eclipta prostrata* contains antioxidants such as flavonoids and phenolic compounds, 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. **Wound Healing:** *Eclipta prostrata* has been traditionally used topically to promote wound healing. Its antimicrobial and anti-inflammatory properties may help prevent infection, reduce inflammation, and accelerate the healing process in cuts, wounds, and ulcers.
 6. **Anti-diabetic Effects:** Some studies suggest that *Eclipta prostrata* may have hypoglycemic properties, meaning it can help lower blood sugar levels. It may be used as an adjunctive therapy for diabetes management, but further research is needed to confirm its efficacy and safety.
 7. **Anti-parasitic Activity:** *Eclipta prostrata* has demonstrated anti-parasitic activity against certain parasites. It may be used to treat parasitic infections such as malaria, filariasis, and schistosomiasis in traditional medicine practices.
 8. **Immunomodulatory Effects:** *Eclipta prostrata* 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.