

Phyla nodiflora


Phyla nodiflora, commonly known as Puduthala or Turkey Tangle Frogfruit, belongs to the Verbenaceae family. It is a creeping perennial herb native to the Americas but is found in many tropical and subtropical regions worldwide. *Phyla nodiflora* has a history of traditional medicinal use, and various parts of the plant are utilized for their therapeutic properties.

Kingdom: Plantae
Order: Lamiales
Family: Verbenaceae
Genus: *Phyla*
Species: *P. nodiflora*



Name of *Phyla nodiflora* in Indian languages:

Hindi: लोणिकसा (Loniksa)
Tamil: குருநெல்லிக்கீரை (Kurunellikkeerai)
Telugu: అంబులుగడ్డ (Ambulugadda)
Kannada: ಬೇಳೆಕಡಲು (Belekadilu)
Malayalam: ചെറിയപ്പുള്ള (Cheriya Pupulla)
Bengali: ব্রহ্মচারী (Brahmachari)
Gujarati: ખરેલીયો (Khareliyo)
Punjabi: ਲਿਲਾਚ (Lilach)
Marathi: वेकडा (Vekada)
Oriya: ପରାଗପିପାଲି (Paragapipali)



Medicinal Properties and Traditional Uses of *Phyla nodiflora* (Puduthala):

- 1. Anti-inflammatory Effects:** Puduthala has been traditionally used to reduce inflammation and swelling. It is applied topically as a poultice or in the form of a paste to alleviate symptoms of inflammatory conditions such as arthritis, sprains, and insect bites.
 - 2. Wound Healing:** The leaves of *Phyla nodiflora* contain compounds that are believed to promote wound healing. Crushed leaves or extracts are applied to wounds, cuts, and abrasions to facilitate healing and prevent infection.
 - 3. Antimicrobial Activity:** Puduthala exhibits antimicrobial properties against bacteria, fungi, and some parasites. It is used in traditional medicine to treat various infections, including skin infections, gastrointestinal infections, and respiratory infections.
 - 4. Antioxidant Properties:** The plant contains antioxidants that help protect cells from oxidative damage caused by free radicals. Antioxidants may contribute to overall health and reduce the risk of chronic diseases such as cardiovascular disease and cancer.
 - 5. Diuretic Effects:** *Phyla nodiflora* has diuretic properties, meaning it promotes the production and excretion of urine. It is used traditionally to increase urine flow and promote the elimination of toxins from the body, which may benefit urinary tract health and help reduce water retention.
 - 6. Fever Reduction:** In some traditional medicine systems, Puduthala is used to reduce fever. It is believed to have cooling properties that help lower body temperature and alleviate fever symptoms.
 - 7. Respiratory Support:** The plant is sometimes used to relieve respiratory symptoms such as cough, congestion, and sore throat. It may help soothe inflamed tissues and promote respiratory health.
 - 8. Digestive Aid:** *Phyla nodiflora* has been used traditionally to support digestive health. It may help relieve gastrointestinal discomfort, stimulate digestion, and alleviate symptoms of indigestion and bloating.
 - 9. Anti-allergic Effects:** Some traditional uses of Puduthala include the treatment of allergic reactions and skin conditions such as dermatitis and eczema. It is believed to have anti-allergic properties that help reduce inflammation and itching.
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