

Phyllanthus niruri

Phyllanthus niruri, commonly known as Keezhanelli in South India, belongs to the family Phyllanthaceae (formerly classified as Euphorbiaceae). This herbaceous plant is native to tropical regions and is found in various parts of the world, including India, Brazil, China, and the Caribbean. It has a long history of use in traditional medicine systems, particularly Ayurveda and traditional Chinese medicine. Keezhanelli is renowned for its medicinal properties and is used to treat a wide range of ailments.

Phyllanthus niruri

Kingdom:	Plantae
Order:	Malpighiales
Family:	Phyllanthaceae
Genus:	Phyllanthus
Species:	P. niruri



Name of Phyllanthus niruri in Indian languages:

Bhumi Amla (भूमि आमला) - Hindi name.

Bhuiavli (भुईआवली) - Marathi name.


Nela Nelli (నేల నెల్లి) - Telugu name.

Keezha Nelli (கீழ் நெல்லி) - Tamil name.

Nela Usiri (నేల ఉసిరి) - Telugu name (Another variation).

Bhuiavla (ભુઈઆવલા) - Gujarati name.

Nela Nelli (നേല നെല്ലി) - Malayalam name.



Medicinal Properties and Traditional Uses of *Phyllanthus niruri* (Keezhanelli):

- 1. Hepatoprotective Properties:** Keezhanelli is perhaps best known for its hepatoprotective properties. It is used to support liver health and is believed to help in the treatment of various liver disorders, including hepatitis, jaundice, and liver cirrhosis. It is thought to stimulate liver function and promote the regeneration of liver cells.
 - 2. Antiviral Activity:** *Phyllanthus niruri* exhibits antiviral properties and is used traditionally to treat viral infections such as hepatitis B and hepatitis C. It is believed to inhibit viral replication and support the body's immune response against viral pathogens.
 - 3. Diuretic Effects:** Keezhanelli has diuretic properties, meaning it promotes the production of urine and helps in the elimination of excess fluids and toxins from the body. This makes it beneficial for conditions such as edema, urinary tract infections, and kidney stones.
 - 4. Anti-inflammatory Properties:** *Phyllanthus niruri* possesses anti-inflammatory properties, which can help alleviate inflammation and pain associated with various conditions such as arthritis, gout, and inflammatory skin disorders.
 - 5. Antioxidant Activity:** The plant is rich in antioxidants, which help neutralize harmful free radicals in the body, thereby protecting cells from oxidative damage and reducing the risk of chronic diseases such as cancer and cardiovascular disorders.
 - 6. Antidiabetic Effects:** Keezhanelli is believed to have hypoglycemic properties and may help regulate blood sugar levels. It is used in traditional medicine for managing diabetes and improving insulin sensitivity.
 - 7. Antimicrobial Properties:** *Phyllanthus niruri* exhibits antimicrobial activity against a wide range of bacteria, fungi, and parasites. It is used to treat infections such as urinary tract infections, gastrointestinal infections, and skin infections.
 - 8. Antilithiatic (Stone-Dissolving) Properties:** Keezhanelli is traditionally used to dissolve and expel kidney stones and gallstones. It is believed to prevent the formation of stones and facilitate their removal from the urinary and biliary tracts.
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