

Ruta chalepensis

Ruta chalepensis, commonly known as "Aruvada" or "Fringed rue," belongs to the Rutaceae family. This family includes various aromatic plants, such as citrus fruits, rue, and various medicinal herbs. *Ruta chalepensis* is native to the Mediterranean region and parts of Asia and Africa. It has been used in traditional medicine systems for its potential medicinal properties.


Ruta chalepensis

Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	Ruta
Species:	<i>R. chalepensis</i>



Name of *Ruta chalepensis* in Indian languages:

Hindi:	सुगंधवाल (Sugandhwal)
Tamil:	சாதாப்பு (Sathappu)
Telugu:	సుగంధవాల (Sugandhavala)
Kannada:	ಸುಗಂಧವಾಲ (Sugandhavala)
Malayalam:	സുഗന്ധവാലം (Sugandhavalam)
Bengali:	সুগন্ধওয়াল (Sugandhawal)
Gujarati:	સુગંધવાલ (Sugandhaval)
Punjabi:	ਸੁਗੰਧਵਾਲ (Sugandhaval)
Marathi:	सुगंधवाल (Sugandhaval)
Oriya:	ସୁଗନ୍ଧବାଲ (Sugandhaval)



Medicinal Property of *Ruta chalepensis*

1. Antispasmodic: Aruvada has been traditionally used to relieve spasms and cramps, particularly in the gastrointestinal tract and smooth muscles. It may help alleviate symptoms associated with conditions like irritable bowel syndrome (IBS) or menstrual cramps.

2. Digestive Health: Aruvada has digestive properties and has been used to improve digestion, stimulate appetite, and relieve indigestion and bloating. It may also have mild laxative effects, helping to promote regular bowel movements.

3. Antimicrobial: Some studies suggest that extracts from *Ruta chalepensis* exhibit antimicrobial properties, which may help inhibit the growth of bacteria, fungi, and parasites. This property could be useful in treating various infections.

4. Anti-inflammatory: Aruvada contains compounds with anti-inflammatory properties, which may help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, rheumatism, and skin inflammations.

5. Menstrual Disorders: In traditional medicine, Aruvada has been used to regulate menstrual cycles and relieve symptoms of menstrual disorders, such as irregular periods, menstrual cramps, and excessive bleeding.

6. Pain Relief: Aruvada has analgesic properties and has been used to relieve pain associated with conditions like headaches, migraines, and joint pain. It may help reduce pain perception and provide relief from discomfort.

7. Respiratory Health: Some traditional medicine practices use Aruvada to treat respiratory ailments such as coughs, colds, and asthma. It is believed to have expectorant properties, helping to clear mucus from the airways and alleviate congestion.

8. Menopausal Symptoms: Aruvada has been traditionally used to relieve symptoms associated with menopause, such as hot flashes, mood swings, and insomnia. It may help balance hormonal levels and alleviate discomfort during this transition.

Aruvada has a history of traditional use for various health conditions, scientific research on its medicinal properties is limited, and more studies are needed to fully understand its efficacy and safety.

