

# ***Solanum trilobatum***

*Solanum trilobatum*, commonly known as "Thoothuvalai" or "Purple-fruited Pea Eggplant," is a plant species belonging to the Solanaceae family. It is native to tropical regions of Asia, including India, Sri Lanka, and Malaysia. Thoothuvalai has been traditionally used in various medicinal systems, particularly in Ayurveda and Siddha, for its potential health benefits. Here are some of its medicinal properties:



## **Name of *Solanum trilobatum* in Indian languages:**

Guchhcha (गुच्छा) - This is a Hindi name that may be used for *Solanum trilobatum*.

Kateli (काटेली) - Another Hindi name that might be used to refer to this plant.

Nachaamarungi (नचामरुंगी) - This name is in Marathi.

Galamusli (गळामुसळी) - A Marathi name that may refer to *Solanum trilobatum*.

Kattuppalai (கட்டுப்பாலை) - This is a Tamil name for the plant.

Kadalithumbi (കടലിത്തുമ്പി) - A Malayalam name for *Solanum trilobatum*.

Vayalchulli (വയൽച്ചുള്ളി) - Another Malayalam name that might be used.



## Medicinal Properties *Solanum trilobatum*

- 1. Respiratory Health:** Thoothuvalai is widely used in traditional medicine to alleviate respiratory ailments such as cough, cold, bronchitis, and asthma. It is believed to have expectorant properties, helping to loosen and expel mucus from the respiratory tract, thereby relieving congestion and facilitating easier breathing.
  - 2. Anti-inflammatory:** The plant contains compounds with anti-inflammatory properties, which may help reduce inflammation and swelling associated with conditions like arthritis, rheumatism, and skin inflammations.
  - 3. Antioxidant:** Thoothuvalai is rich in antioxidants, including flavonoids and phenolic compounds, which help neutralize harmful free radicals in the body. This antioxidant activity may contribute to its potential health benefits, including protection against oxidative stress and chronic diseases.
  - 4. Immune Support:** It is believed that Thoothuvalai possesses immunomodulatory properties, helping to enhance the body's immune response and strengthen its defense against infections and diseases.
  - 5. Antimicrobial:** Thoothuvalai has antimicrobial properties, which make it effective against various bacterial, fungal, and viral infections. It may be used both internally and externally to combat infections and promote healing.
  - 6. Digestive Health:** In traditional medicine, Thoothuvalai is used to promote digestive health. It may help improve digestion, relieve gastrointestinal discomfort, and alleviate symptoms of indigestion, bloating, and constipation.
  - 7. Anti-parasitic:** Thoothuvalai has been traditionally used as an anthelmintic agent to expel intestinal worms and parasites from the body.
  - 8. Fever Reduction:** It is believed that Thoothuvalai possesses antipyretic properties, which may help reduce fever and alleviate associated symptoms.
  - 9. Wound Healing:** Thoothuvalai extracts are sometimes used topically for wound healing purposes. The plant is believed to have antimicrobial and anti-inflammatory effects, which may promote faster healing of cuts, bruises, and other skin injuries.
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