

Solanum torvum

Solanum torvum, commonly known as "Sundaikkai" or "Turkey Berry," is a plant belonging to the Solanaceae family, which includes other well-known plants like tomatoes, potatoes, and eggplants. Sundaikkai is native to tropical regions and is commonly found in Asia, Africa, and the Caribbean. It is widely used in various cuisines for its culinary properties, but it also holds significance in traditional medicine systems for its potential health benefits. Here are some of its medicinal properties:

Solanum torvum

Kingdom:	Plantae
Order:	Solanales
Family:	Solanaceae
Genus:	Solanum
Species:	<i>S. torvum</i>



Common names of Solanum torvum in India

Kantakari (कांटकारी) - Hindi name.

Kantkari (કાંટકરી) - Gujarati name.

Sundakkai (சுண்டைக்காய்) - Tamil name.

Bhankatiya (भांकटिया) - Marathi name.


Punda (पुंडा) - Konkani name.

Tekkila (തേക്കില) - Malayalam name.

Bhurkur (भुर्कुर) - Nepali name.

Kattal kai (కట్టల్ కాయ) - Telugu name.

Gulla (ಗುಳ್ಳೆ) - Kannada name.



Medicinal Property of *Solanum torvum*

- 1. Antioxidant:** Sundaikkai contains various 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.
 - 2. Anti-inflammatory:** The plant possesses anti-inflammatory properties that can help reduce inflammation in the body. This property is particularly useful in alleviating symptoms of inflammatory conditions such as arthritis and rheumatism.
 - 3. Digestive Health:** Sundaikkai is commonly used in traditional medicine to promote digestive health. It is believed to aid digestion, relieve constipation, and alleviate symptoms of gastrointestinal discomfort.
 - 4. Antimicrobial:** Some studies suggest that extracts from *Solanum torvum* exhibit antimicrobial activity against a range of bacteria and fungi. This property may contribute to its traditional use in treating infections and promoting overall health.
 - 5. Hypoglycemic:** Sundaikkai has been investigated for its potential to lower blood sugar levels. Some studies have shown promising results, suggesting that it may have a hypoglycemic effect, making it beneficial for individuals with diabetes or those at risk of developing the condition.
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