

Tridax procumbens

Tridax procumbens, commonly known as "Vettukayapoundu" or "Coat buttons," belongs to the family Asteraceae, which is also known as the daisy or sunflower family. This plant is native to tropical America but has spread to various parts of the world, including Asia and Africa. It is a low-growing perennial herb with distinctive yellow flowers and serrated leaves.

In traditional medicine, various parts of *Tridax procumbens* have been used for their medicinal properties:

Tridax procumbens

Kingdom: Plantae
Order: Asterales
Family: Asteraceae
Genus: *Tridax*
Species: *T. procumbens*



Common names for *Tridax procumbens* in India

Ghamra (घामरा) - Hindi name.
Gaddi chamanti (గడ్డి చామంతి) - Telugu name.
Kattuyaanam (கட்டுயானம்) - Tamil name.
Manavalakuruntotti (மணவாளகுருந்தொட்டி) -
Tamil name (another variation).
Ghagra (घागरा) - Marathi name.
Katva kula (कटव कुल) - Sanskrit name.
Bokful (বকফুল) - Bengali name.



Medicinal property of *Tridax procumbens*:

- 1. Wound Healing:** The leaves of *Tridax procumbens* are commonly used in traditional medicine for their wound-healing properties. Crushed leaves or poultices made from them are applied topically to wounds to promote healing.
 - 2. Anti-inflammatory Effects:** *Tridax procumbens* has been used to alleviate inflammation and pain associated with conditions like arthritis and rheumatism. This effect is attributed to the presence of certain bioactive compounds in the plant.
 - 3. Antimicrobial Properties:** Extracts from *Tridax procumbens* have shown antimicrobial activity against various pathogens, including bacteria and fungi. This property makes it useful in treating infections, both internally and externally.
 - 4. Fever Reduction:** In some traditional systems of medicine, *Tridax procumbens* is used to reduce fever. It is often consumed as a tea or decoction for this purpose.
 - 5. Digestive Health:** The plant has been used traditionally to promote digestive health. It is believed to have mild laxative properties and may help in relieving constipation.
 - 6. Antioxidant Activity:** *Tridax procumbens* contains compounds with antioxidant activity, which can help in scavenging free radicals and reducing oxidative stress in the body.
 - 7. Respiratory Ailments:** In some cultures, *Tridax procumbens* has been used to alleviate symptoms of respiratory ailments such as coughs and bronchitis.
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