

Acmella paniculata (Wall. ex DC.) R.K.Jansen

Family: Asteraceae

Bengali/tribal name: Nak-phool

English name: Panicked Spot Flower

Acmella paniculata, commonly known as toothache plant or paracress, has a long history of medicinal use in various traditional healing systems.

Here are some of its reported medicinal uses:



1. **Dental Care:** One of the most well-known uses of *Acmella paniculata* is for relieving toothaches and gum pain. The plant contains spilanthol, a natural analgesic compound that numbs the gums and provides temporary pain relief. Chewing on the leaves or applying a tincture made from the plant to the affected area can help alleviate dental discomfort.
2. **Anti-inflammatory Properties:** *Acmella paniculata* exhibits anti-inflammatory properties, which can be beneficial for reducing inflammation and swelling associated with various conditions such as arthritis, rheumatism, and skin inflammations. It may help alleviate pain and improve mobility in affected joints.
3. **Antimicrobial Activity:** The plant possesses antimicrobial properties, making it effective against bacteria, fungi, and other pathogens. It has been used traditionally to treat infections and promote wound healing. Topical application of *Acmella paniculata* extracts may help prevent infection and support the body's natural healing process.
4. **Aphrodisiac Effects:** In some cultures, *Acmella paniculata* is believed to have aphrodisiac properties. It is used to enhance libido and improve sexual performance in both men and women. The plant is sometimes included in herbal formulations aimed at boosting sexual vitality.

5. **Gastrointestinal Health:** *Acmella paniculata* has been used traditionally to address digestive issues such as indigestion, bloating, and stomach cramps. It may help stimulate digestion, relieve gastrointestinal discomfort, and promote overall digestive health.
6. **Respiratory Support:** In traditional medicine, *Acmella paniculata* has been used to alleviate respiratory symptoms such as coughs, sore throats, and congestion. It is believed to have expectorant properties that help loosen mucus and facilitate its expulsion from the respiratory tract.
7. **Anti-aging Effects:** Some studies suggest that *Acmella paniculata* may have antioxidant properties, which can help protect against oxidative stress and cellular damage caused by free radicals. These antioxidant effects may contribute to overall health and longevity.
8. **Neuroprotective Effects:** Preliminary research indicates that *Acmella paniculata* may have neuroprotective properties, which could be beneficial for supporting brain health and cognitive function. Further studies are needed to explore its potential in the prevention and treatment of neurological disorders.

While *Acmella paniculata* shows promise as a medicinal plant, more research is needed to fully understand its therapeutic effects and safety profile. It's important to consult with a healthcare professional before using *Acmella paniculata* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.