

Argyreia nervosa (Burm.f.) Bojer

Family: Convolvulaceae

Bengali/tribal name: Patkalata/ Bichtarak/ Rsyagandha

English name: Elephant Creeper, Woolly morning glory

Argyreia nervosa, also known as Hawaiian baby woodrose, is a plant native to the Indian subcontinent, Southeast Asia, and Oceania. It has been used traditionally for various medicinal and ceremonial purposes, although its primary usage in recent times has been for its psychoactive properties rather than its medicinal benefits. Here are some of its reported medicinal uses:



1. **Anthelmintic Properties:** *Argyreia nervosa* has been traditionally used in Ayurvedic medicine as an anthelmintic, meaning it is believed to have properties that help expel parasitic worms from the body. The seeds of the plant are sometimes consumed for this purpose.
2. **Adaptogenic Effects:** In some traditional medicine systems, *Argyreia nervosa* is considered to be adaptogenic, meaning it may help the body adapt to stress and promote overall well-being. It is believed to have tonic properties that support general health and vitality.
3. **Cognitive Enhancement:** Some traditional healers suggest that *Argyreia nervosa* may have cognitive-enhancing effects, such as improving memory and concentration. However, scientific research supporting these claims is limited, and the plant is more commonly known for its psychoactive properties.
4. **Anti-inflammatory Properties:** *Argyreia nervosa* contains compounds that exhibit anti-inflammatory effects. It has been used traditionally to

alleviate inflammation associated with conditions such as arthritis, rheumatism, and skin irritations.

5. ***Analgesic Effects:*** *The plant is also believed to have analgesic properties, meaning it may help relieve pain. Traditional healers sometimes use preparations of *Argyreia nervosa* to alleviate headaches, muscle aches, and other types of pain.*
6. ***Antioxidant Activity:*** *Argyreia nervosa contains antioxidants that help neutralize harmful free radicals in the body. These antioxidants may contribute to overall health and protect against oxidative stress, which is associated with various chronic diseases.*
7. ***Traditional Healing Practices:*** *In some cultures, *Argyreia nervosa* is used in traditional healing rituals and ceremonies for spiritual purposes or as a sacrament. However, such uses are not based on its medicinal properties but rather on its psychoactive effects.*

*It's essential to note that while *Argyreia nervosa* may have some traditional medicinal uses, its primary usage and popularity in recent times stem from its psychoactive properties, particularly due to the presence of psychoactive alkaloids such as lysergamides. These alkaloids can induce hallucinogenic experiences and altered states of consciousness, and their consumption carries risks and legal implications. Therefore, caution should be exercised, and it's crucial to consult with a healthcare professional before using *Argyreia nervosa* for any purpose, especially due to its potential for adverse effects and legal restrictions in many jurisdictions.*