

## ***Barleria cristata* L.**

Family: Acanthaceae

Bengali/tribal name: Jhinti

English name: Philippine violet

*Barleria cristata*, commonly known as *Philippine violet* or *crested Philippine violet*, is a flowering plant that holds significance in traditional medicine systems across various cultures.



1. **Anti-inflammatory Properties:** *Barleria cristata* contains bioactive compounds that exhibit anti-inflammatory effects. It has been used traditionally to alleviate inflammation associated with conditions such as arthritis, rheumatism, and skin irritations. The plant's anti-inflammatory properties may help reduce pain and swelling.
2. **Antimicrobial Activity:** *Barleria cristata* possesses antimicrobial properties, making it effective against bacteria, fungi, and other microorganisms. It has been used traditionally to treat infections and promote wound healing. Topical application of *Barleria cristata* extracts may help prevent infection and support the body's natural healing process.
3. **Antioxidant Effects:** The plant is also known for its antioxidant properties, which 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.
4. **Respiratory Support:** In some traditional medicine systems, *Barleria cristata* is used to relieve respiratory symptoms such as coughs and congestion. It is believed to have expectorant properties that help loosen mucus and facilitate its expulsion from the respiratory tract, thereby easing breathing difficulties.
5. **Wound Healing:** *Barleria cristata* extracts have been employed topically to promote wound healing. Its antimicrobial and anti-inflammatory

properties may help prevent infection, reduce inflammation, and accelerate the healing process when applied to wounds and cuts.

6. **Digestive Health:** *Barleria cristata* has been used traditionally to support digestive health. It may help alleviate digestive issues such as indigestion, bloating, and stomach cramps. The plant is believed to have digestive properties that can aid in digestion and soothe gastrointestinal discomfort.
7. **Fever Reduction:** In some traditional medicine systems, *Barleria cristata* has been used to reduce fever. It may help lower body temperature and alleviate fever symptoms associated with various infections and inflammatory conditions.
8. **Urinary Tract Health:** *Barleria cristata* has been used traditionally to support urinary tract health. It may help alleviate urinary tract infections and promote urinary tract function. The plant is believed to have diuretic properties that can help increase urine production and flush out toxins from the body.

While *Barleria cristata* 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 *Barleria cristata* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.