

***Bougainvillea glabra* Choisy**

Family: Nyctaginaceae

Bengali/tribal name: Baganbilash/Kagaj-phool

English name: Bougainvillea

Bougainvillea glabra, commonly known as paper flower or lesser bougainvillea, is primarily cultivated for its ornamental value due to its vibrant-colored bracts. While it is not as extensively studied for its medicinal properties as some other plants, *Bougainvillea glabra* has been utilized in traditional medicine for various purposes.

Here are some reported medicinal uses:



1. **Anti-inflammatory Properties:** *Bougainvillea glabra* contains bioactive compounds that exhibit anti-inflammatory effects. In traditional medicine, extracts from the plant have been used 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. **Antioxidant Activity:** *Bougainvillea glabra* is rich in antioxidants, including flavonoids and phenolic compounds. These antioxidants help neutralize harmful free radicals in the body, protecting cells from oxidative damage and reducing the risk of chronic diseases such as cardiovascular disease, cancer, and neurodegenerative disorders.
3. **Wound Healing:** Some traditional medicine practitioners use *Bougainvillea glabra* extracts 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, cuts, and abrasions.

4. **Gastrointestinal Health:** *Bougainvillea glabra* has been used traditionally to support digestive health. It may help alleviate gastrointestinal 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.
5. **Antimicrobial Effects:** *Bougainvillea glabra* exhibits antimicrobial properties, which may help inhibit the growth of bacteria, fungi, and other microorganisms. It has been used in traditional medicine to treat infections and promote overall health and well-being.
6. **Immune Support:** *Bougainvillea glabra* is believed to have immune-modulating properties, helping to strengthen the body's natural defense mechanisms against infections and diseases. Regular consumption of *Bougainvillea glabra* or its extracts may help boost immunity and promote overall health.
7. **Diuretic Effects:** Some traditional medicine systems use *Bougainvillea glabra* as a diuretic to increase urine production and promote the elimination of excess fluids from the body. It may be used to treat conditions such as edema and fluid retention.
8. **Respiratory Support:** *Bougainvillea glabra* has been used traditionally 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.

While *Bougainvillea glabra* may offer some potential health benefits, more research is needed to fully understand its medicinal properties and safety profile. It's essential to consult with a healthcare professional before using *Bougainvillea glabra* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.