

## ***Calliandra inaequilatera* Rusby**

Family: Fabaceae

Bengali/tribal name: Powder Puff Phool

English name: Red Powder Puff

*Calliandra inaequilatera*, commonly known as pink powderpuff or red powderpuff, is a plant species belonging to the legume family (Fabaceae). While it is primarily grown as an ornamental plant for its attractive flowers, it also possesses some potential medicinal properties in traditional medicine systems. Here are some reported medicinal uses:



1. **Anti-inflammatory Effects:** *Calliandra inaequilatera* contains bioactive compounds that exhibit anti-inflammatory properties. 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. **Antioxidant Activity:** The plant is rich in antioxidants, including flavonoids and phenolic compounds. These antioxidants help neutralize harmful free radicals in the body, protect cells from oxidative damage, and reduce the risk of chronic diseases such as cardiovascular disease, cancer, and neurodegenerative disorders.
3. **Wound Healing:** *Calliandra inaequilatera* 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, cuts, and abrasions.
4. **Anti-diabetic Effects:** Some traditional medicine practitioners use *Calliandra inaequilatera* to help manage diabetes. It may help lower blood sugar levels and improve insulin sensitivity in individuals with

diabetes. The plant's bioactive compounds may help regulate glucose metabolism and reduce insulin resistance.

5. **Gastrointestinal Health:** *Calliandra inaequilatera* 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.
6. **Respiratory Support:** In some traditional medicine systems, *Calliandra inaequilatera* 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.
7. **Fever Reduction:** *Calliandra inaequilatera* has been used traditionally to reduce fever. It may help lower body temperature and alleviate fever symptoms associated with various infections and inflammatory conditions.
8. **Urinary Tract Health:** *Calliandra inaequilatera* 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 *Calliandra inaequilatera* shows promise as a medicinal plant, more research is needed to fully understand its therapeutic effects and safety profile. It's essential to consult with a healthcare professional before using *Calliandra inaequilatera* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.