

Canna sp.

Family: Cannaceae

Bengali/tribal name: Kalaboti

English name: Canna Lily, Indian Shot

Canna species, commonly known as canna lilies, are primarily cultivated for their ornamental value, but they also have several medicinal uses, especially in traditional medicine practices. Here are some of the medicinal benefits associated with Canna species:



Anti-inflammatory: Extracts from the *Canna* plant are known to have anti-inflammatory properties. They can be used to reduce inflammation and pain associated with conditions such as arthritis and other inflammatory disorders.

Antimicrobial: The plant has demonstrated antimicrobial activity against a range of pathogens. This makes it useful in treating infections caused by bacteria, viruses, and fungi.

Diuretic: *Canna* species have diuretic properties, which can help increase urine production and promote the elimination of toxins from the body. This is beneficial in treating conditions such as edema and urinary tract infections.

Digestive Health: The rhizomes of *Canna* species are rich in starch and have been used traditionally to treat digestive issues. They can help soothe the digestive tract and improve overall digestive health.

Wound Healing: The plant is used in traditional medicine to promote wound healing. The leaves and rhizomes can be applied to cuts, wounds, and sores to facilitate faster healing and prevent infection.

Respiratory Health: *Canna* species are used to treat respiratory ailments such as coughs, colds, and bronchitis. The plant's extracts help in alleviating symptoms and promoting respiratory health.

Antioxidant: The plant contains antioxidants that help neutralize free radicals and protect cells from oxidative stress. This can contribute to overall health and reduce the risk of chronic diseases.

Anti-diabetic: Some traditional uses and preliminary studies suggest that *Canna* species may have potential antidiabetic properties. Extracts from the plant have shown effects in lowering blood sugar levels, making it potentially useful for managing diabetes.

Skin Care: The plant is used in traditional remedies to treat various skin conditions, including rashes, eczema, and insect bites. Its anti-inflammatory and antimicrobial properties help soothe and heal the skin.

Nutritional Value: The rhizomes of *Canna* species are edible and rich in starch, providing a valuable source of nutrition. They are consumed in various cultures and can be used to make flour, porridges, and other food products.

While these traditional uses suggest potential medicinal benefits, it is important to use *Canna* species under the guidance of a healthcare professional, especially when using them for therapeutic purposes. More scientific research is needed to fully understand their efficacy and safety in modern medicine.