

***Cestrum nocturnum* L.**

Family: Solanaceae

Bengali/tribal name: Hasnuhana

English name: Night-blooming jasmine, Queen of the night

Cestrum nocturnum, commonly known as night-blooming jasmine or queen of the night, is a flowering plant with a pleasant fragrance that blooms at night. While primarily cultivated for ornamental purposes, it also possesses some reported medicinal uses in traditional medicine systems.

Here are some of its potential medicinal uses:



1. **Sedative and Anxiolytic Effects:** *Cestrum nocturnum* has been traditionally used as a natural remedy to promote relaxation, reduce stress, and alleviate anxiety. Its pleasant fragrance may have calming effects on the nervous system, helping to induce sleep and improve sleep quality. The plant's aroma is often used in aromatherapy to promote relaxation and relieve tension.
2. **Antimicrobial Properties:** *Cestrum nocturnum* exhibits antimicrobial properties due to the presence of bioactive compounds. It has been used in traditional medicine to treat infections and promote wound healing. *Cestrum nocturnum* extracts may help inhibit the growth of bacteria, fungi, and other microorganisms responsible for infections.
3. **Respiratory Health:** In some traditional medicine systems, *Cestrum nocturnum* is used to alleviate respiratory symptoms such as coughs, colds, 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.
4. **Skin Care:** *Cestrum nocturnum* extracts have been applied topically for their potential skin benefits. Its antimicrobial and anti-inflammatory properties may help soothe skin irritations, reduce inflammation, and promote overall skin health. The plant's fragrance is sometimes used in skincare products for its pleasant aroma.

5. **Menstrual Disorders:** *In traditional medicine, *Cestrum nocturnum* has been used to regulate menstrual cycles and alleviate menstrual disorders such as irregular periods and menstrual cramps. It may help balance hormone levels and reduce menstrual discomfort.*
6. **Fever Reduction:** **Cestrum nocturnum* has been traditionally used to reduce fever. Its cooling properties may help lower body temperature and alleviate fever symptoms associated with infections and inflammatory conditions.*
7. **Digestive Health:** **Cestrum nocturnum* has been used to support digestive health and treat gastrointestinal disorders such as indigestion, bloating, and stomach cramps. It may help stimulate appetite, improve digestion, and soothe gastrointestinal discomfort.*
8. **Headache Relief:** **Cestrum nocturnum* is sometimes used in traditional medicine to relieve headaches and migraines. Its calming effects on the nervous system may help reduce tension and alleviate headache symptoms.*

*While *Cestrum nocturnum* may offer some potential health benefits, more research is needed to fully understand its medicinal properties and safety profile. It's essential to use it cautiously and under the guidance of a qualified healthcare practitioner, especially if you have any underlying health conditions or are pregnant or breastfeeding. As with any herbal remedy, individual responses may vary, and it's advisable to consult with a healthcare professional before using *Cestrum nocturnum* for medicinal purposes.*