

***Cissus quadrangularis* L.**

Family: Vitaceae

Bengali/tribal name: Harjora

English name: Four-angled vine

Cissus quadrangularis, commonly known as the square stemmed vine or veldt grape, is a medicinal plant with a range of traditional and potential health benefits. Here's an overview of its medicinal value:



1. **Bone Health:** *Cissus quadrangularis* is renowned for its potential to support bone health and aid in the healing of fractures. It is often used in traditional medicine to strengthen bones and joints and promote faster recovery from bone injuries.
2. **Anti-inflammatory Effects:** The plant contains compounds that exhibit anti-inflammatory properties, which can help reduce inflammation and alleviate conditions such as arthritis and other inflammatory disorders.
3. **Pain Relief:** Due to its anti-inflammatory and analgesic properties, *Cissus quadrangularis* may help relieve pain associated with injuries, arthritis, and other inflammatory conditions.
4. **Digestive Health:** The plant is traditionally used to improve digestive health. It is thought to aid in digestion, relieve constipation, and treat gastrointestinal issues.
5. **Weight Management:** Some studies suggest that *Cissus quadrangularis* may aid in weight management by supporting fat loss and reducing appetite.
6. **Antioxidant Properties:** The plant is rich in antioxidants, which help protect the body from oxidative stress and damage caused by free radicals.
7. **Metabolic Health:** Research indicates that *Cissus quadrangularis* may have potential benefits for metabolic health, including improving insulin sensitivity and supporting healthy blood sugar levels.
8. **Wound Healing:** In traditional medicine, the plant is used to promote wound healing and tissue repair due to its potential to accelerate the healing process.
9. **Cardiovascular Health:** The plant's antioxidant and anti-inflammatory properties may contribute to cardiovascular health by supporting

healthy blood pressure and reducing oxidative damage to the heart and blood vessels.

10. **Stress and Anxiety Relief:** *Cissus quadrangularis* has been used in some traditional practices to help manage stress and anxiety, although more research is needed to confirm these effects.

While *Cissus quadrangularis* has a history of traditional use and some supportive research, it's essential to consult with a healthcare provider before using it for medicinal purposes, particularly if you have existing health conditions or are taking other medications.