

## *Citrus × aurantium* L.

Family: Rutaceae

Bengali/tribal name:

English name: Seville orange

*Citrus aurantium*, also known as bitter orange or Seville orange, is a citrus fruit tree native to Southeast Asia but cultivated in various parts of the world for its fruits and aromatic flowers. It has been used in traditional medicine systems for a range of medicinal purposes. Here are some reported medicinal uses:



1. **Digestive Aid:** *Citrus aurantium* has been traditionally used to promote digestion and alleviate digestive discomfort such as indigestion, bloating, and nausea. The fruit peel contains essential oils and flavonoids that stimulate digestive juices and improve gastrointestinal motility.
2. **Weight Management:** Some studies suggest that *Citrus aurantium* may have potential benefits for weight management. Certain compounds found in the fruit peel, such as synephrine, are believed to stimulate metabolism and promote fat breakdown. *Citrus aurantium* extracts are sometimes included in weight loss supplements for their purported thermogenic effects.
3. **Cardiovascular Support:** *Citrus aurantium* is believed to have cardio-protective effects. It may help regulate blood pressure, improve circulation, and reduce the risk of heart disease. The fruit peel contains flavonoids and other compounds that may help lower cholesterol levels, prevent the formation of blood clots, and support overall cardiovascular health.
4. **Antioxidant Properties:** *Citrus aurantium* is rich in antioxidants, including flavonoids and vitamin C. 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.

5. **Respiratory Health:** In some traditional medicine systems, *Citrus aurantium* is used to alleviate respiratory symptoms such as coughs, colds, and congestion. It has expectorant properties that help loosen mucus and phlegm, making it easier to expel from the respiratory tract.
6. **Skin Care:** *Citrus aurantium* extracts are sometimes used in skincare products for their potential benefits for skin health. The fruit peel contains compounds that may help promote collagen production, improve skin elasticity, and reduce the appearance of wrinkles and fine lines. *Citrus aurantium* essential oil is also used in aromatherapy for its uplifting and rejuvenating effects on the skin.
7. **Mood Enhancement:** *Citrus aurantium* essential oil is valued for its uplifting and mood-enhancing properties. It is used in aromatherapy to alleviate stress, anxiety, and depressive symptoms. The aroma of bitter orange is believed to have a calming and energizing effect on the mind and body.

While *Citrus aurantium* offers numerous potential health benefits, 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 taking medications. As with any herbal remedy, individual responses may vary, and it's advisable to consult with a healthcare professional before incorporating *Citrus aurantium* into your healthcare regimen.