

Cleome viscosa L.

Family: Cleomaceae

Bengali/tribal name: Hurhuria

English name: Tickweed, Asian spiderflower

Cleome viscosa, commonly known as tickweed or Asian spiderflower, is a plant species with a variety of traditional medicinal uses across different cultures.

Here are some reported medicinal uses of *Cleome viscosa*:



1. **Anti-inflammatory Properties:** *Cleome viscosa* is known for its anti-inflammatory effects and has been traditionally used to alleviate inflammation associated with various conditions such as arthritis, rheumatism, and skin irritations. Its extracts may help reduce pain and swelling when applied topically or taken internally.
2. **Antimicrobial Activity:** *Cleome viscosa* exhibits antimicrobial properties due to the presence of bioactive compounds. It has been used in traditional medicine to treat bacterial, fungal, and parasitic infections. *Cleome viscosa* extracts may help combat pathogens responsible for infections and promote wound healing.
3. **Wound Healing:** *Cleome viscosa* has 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. **Respiratory Health:** In some traditional medicine systems, *Cleome viscosa* is used to relieve respiratory symptoms such as coughs, colds, and congestion. It is believed to have expectorant properties that help loosen mucus and phlegm, making it easier to expel from the respiratory tract.
5. **Digestive Health:** *Cleome viscosa* is used to support digestive health and treat gastrointestinal disorders such as indigestion, bloating, and

stomach cramps. It may help stimulate digestion, reduce inflammation in the digestive tract, and alleviate gastrointestinal discomfort.

6. **Antioxidant Activity:** *Cleome viscosa* contains antioxidants, including flavonoids and phenolic compounds, which help neutralize harmful free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may reduce the risk of chronic diseases.
7. **Fever Reduction:** *Cleome viscosa* has been traditionally used to reduce fever. It may help lower body temperature and alleviate fever symptoms associated with infections and inflammatory conditions.
8. **Urinary Tract Health:** *Cleome viscosa* has diuretic properties, meaning it helps increase urine production and promote the elimination of toxins from the body. It may be used to support urinary tract health and alleviate urinary issues such as urinary tract infections and urinary retention.

While *Cleome viscosa* has been used traditionally for various medicinal purposes, more research is needed to fully understand its therapeutic effects and safety profile. It's essential to use it 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 *Cleome viscosa* for medicinal purposes.