

## ***Clerodendrum infortunatum* L.**

Family: Lamiaceae

Bengali/tribal name: Ghentu/Bhant/Kharbari

English name: Hill glory bower

*Clerodendrum infortunatum*, also known as hill glory bower or Bhant, is a plant species with a long history of use in traditional medicine across various cultures.

Here are some reported medicinal uses of *Clerodendrum infortunatum*:



1. **Anti-inflammatory Properties:** *Clerodendrum infortunatum* exhibits anti-inflammatory effects and has been traditionally used to alleviate inflammation associated with 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:** *Clerodendrum infortunatum* contains bioactive compounds with antimicrobial properties. It has been used in traditional medicine to treat bacterial, fungal, and parasitic infections. *Clerodendrum infortunatum* extracts may help combat pathogens responsible for infections and promote wound healing.
3. **Wound Healing:** *Clerodendrum infortunatum* has been applied 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, *Clerodendrum infortunatum* 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:** *Clerodendrum infortunatum* 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:*** *Clerodendrum infortunatum* 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:*** *Clerodendrum infortunatum* 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:*** *Clerodendrum infortunatum* 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 *Clerodendrum infortunatum* 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 *Clerodendrum infortunatum* for medicinal purposes.*