

***Clitoria ternatea* L.**

Family: Fabaceae

Bengali/tribal name: Aparajita

English name: Butterfly Pea

Clitoria ternatea, commonly known as butterfly pea or blue pea, is a flowering plant with a variety of medicinal and therapeutic uses. Here's a summary of its medicinal value:



1. **Cognitive Function:** *Clitoria ternatea* is believed to enhance cognitive function and memory. It has been traditionally used to support mental clarity and concentration, and some studies suggest it may have neuroprotective effects.
2. **Antioxidant Properties:** The plant is rich in antioxidants, particularly anthocyanins, which help combat oxidative stress and protect cells from damage caused by free radicals.
3. **Anti-inflammatory Effects:** *Clitoria ternatea* has anti-inflammatory properties that can help reduce inflammation and may be beneficial for conditions such as arthritis and other inflammatory disorders.
4. **Anxiolytic and Anti-stress Effects:** Traditionally, *Clitoria ternatea* has been used to manage stress and anxiety. Some studies suggest it may have anxiolytic (anxiety-reducing) effects and promote relaxation.
5. **Skin Health:** The plant is sometimes used in skincare products due to its antioxidant and anti-inflammatory properties, which can help protect the skin and support healthy aging.
6. **Digestive Health:** *Clitoria ternatea* is used in traditional medicine to support digestive health, including improving appetite and alleviating digestive discomfort.
7. **Immune Support:** The plant's antioxidant properties may contribute to overall immune support by enhancing the body's ability to fight off infections and diseases.
8. **Vision Health:** Some traditional uses of *Clitoria ternatea* involve promoting eye health. The antioxidants, particularly anthocyanins, are believed to support visual acuity and protect against age-related eye conditions.
9. **Respiratory Health:** The plant has been used in traditional medicine to support respiratory health and relieve symptoms of conditions like coughs and colds.

10. **Hormonal Balance:** In some traditional practices, *Clitoria ternatea* is used to support hormonal balance and menstrual health, though scientific evidence supporting these uses is limited.

Clitoria ternatea is used in various forms, including teas, extracts, and supplements. As with any herbal remedy, it's important to consult with a healthcare professional before using it, especially if you have existing health conditions or are taking other medications.