

## ***Coleus amboinicus* Lour.**

Family: Lamiaceae

Bengali/tribal name: Jowan gaachh

English name: Mexican mint, Oregano, Indian Coleus

*Coleus amboinicus*, commonly known as *Oregano* or *Indian Coleus*, is a plant with various medicinal uses, particularly in traditional medicine systems. Here's a summary of its medicinal value:



1. **Digestive Health:** *Coleus amboinicus* is often used to aid digestion. It can help alleviate symptoms of indigestion, bloating, and gas. Its carminative properties help reduce gastrointestinal discomfort and improve digestive function.
2. **Anti-inflammatory Properties:** The plant has anti-inflammatory effects, which can help manage conditions related to inflammation such as arthritis and other inflammatory disorders.
3. **Antioxidant Effects:** *Coleus amboinicus* contains antioxidants that help combat oxidative stress and protect cells from damage caused by free radicals, contributing to overall health.
4. **Anti-microbial Properties:** The plant exhibits antimicrobial properties, which can help fight bacterial, fungal, and viral infections, supporting overall immune function.
5. **Respiratory Health:** In traditional medicine, *Coleus amboinicus* is used to treat respiratory conditions such as coughs, colds, and bronchitis. Its expectorant properties help clear mucus from the airways and soothe the throat.
6. **Pain Relief:** The plant has analgesic (pain-relieving) properties and is sometimes used to alleviate pain associated with conditions like headaches, muscle aches, and joint pain.
7. **Anti-diabetic Properties:** Some studies suggest that *Coleus amboinicus* may help in managing blood sugar levels and improving insulin sensitivity, which could be beneficial for individuals with diabetes.
8. **Skin Health:** The plant is used in traditional remedies for various skin conditions. Its antimicrobial and anti-inflammatory properties make it useful for treating acne, eczema, and other skin irritations.

9. **Immune System Support:** Due to its antioxidant and antimicrobial effects, *Coleus amboinicus* can help support a healthy immune system, aiding in the body's defense against infections and diseases.
10. **Menstrual Health:** In traditional practices, the plant is sometimes used to manage menstrual disorders and alleviate symptoms related to menstruation, although scientific evidence is limited.
11. **Wound Healing:** *Coleus amboinicus* is used in traditional medicine to promote wound healing and tissue repair, thanks to its potential to accelerate the healing process.

*Coleus amboinicus* is commonly used in various forms, including fresh leaves, extracts, and oils. As with any herbal remedy, it is important to consult with a healthcare provider before using it, especially if you have existing health conditions or are taking other medications.