

***Commelina diffusa* Burm.f.**

Family: Commelinaceae

Bengali/tribal name: Bans-kenduri

English name: Climbing dayflower

Commelina diffusa, commonly known as the climbing dayflower or spreading dayflower, possesses several medicinal uses, primarily rooted in traditional and folk medicine practices:



1. **Anti-inflammatory Properties:** The plant is believed to exhibit anti-inflammatory effects. It has been traditionally used to alleviate inflammation-related ailments such as arthritis, rheumatism, and other inflammatory conditions.
2. **Antioxidant Activity:** *Commelina diffusa* contains bioactive compounds with antioxidant properties. These compounds help neutralize harmful free radicals in the body, thus potentially reducing oxidative stress and associated health issues.
3. **Treatment of Skin Disorders:** The plant is utilized topically to address various skin ailments. Its extract or paste is applied externally to soothe skin irritations, rashes, and insect bites. Additionally, it may aid in wound healing and provide relief from itching and swelling.
4. **Diuretic Effects:** *Commelina diffusa* is known for its diuretic properties, promoting the increased production of urine. This property is often utilized to support kidney function and help eliminate excess fluid from the body, potentially aiding in the management of conditions like edema and urinary tract infections.
5. **Antipyretic Action:** In some traditional systems of medicine, extracts or decoctions of *Commelina diffusa* are used as antipyretics to reduce fever and alleviate associated symptoms. **Management of Respiratory Issues:** The plant has been employed to address respiratory ailments such as coughs, colds, and bronchitis. Its expectorant properties may help loosen phlegm and facilitate its expulsion from the respiratory tract.
6. **Antimicrobial Activity:** *Commelina diffusa* exhibits antimicrobial activity against certain pathogens. It may be used to combat microbial

infections, both internally and externally, supporting overall immune health.

*It's important to note that while *Commelina diffusa* has a history of traditional use for various medicinal purposes, scientific evidence supporting its efficacy and safety in some of these applications is limited. As with any herbal remedy, it's advisable to consult with a healthcare professional before incorporating it into your healthcare regimen, especially if you have pre-existing health conditions or are taking medications.*