

***Cynodon dactylon* (L.) Pers.**

Family: Poaceae

Bengali/tribal name: Durba ghash

English name: Bermuda grass

Cynodon dactylon, commonly known as Bermuda grass or Dhurva grass, has been extensively utilized in traditional medicine systems across the globe for various medicinal purposes.

Here are some of its well-known medicinal uses:



1. **Wound Healing:** Bermuda grass has been traditionally used topically to promote wound healing. Its anti-inflammatory and antimicrobial properties help prevent infection and accelerate the healing process. Poultices made from crushed Bermuda grass leaves are applied to wounds and cuts for this purpose.
2. **Digestive Health:** Bermuda grass is known for its digestive benefits. It is used to alleviate digestive issues such as indigestion, stomach ache, and diarrhea. The decoction of Bermuda grass is consumed to soothe the digestive tract and promote gastrointestinal health.
3. **Anti-inflammatory Effects:** Bermuda grass possesses anti-inflammatory properties, which make it effective in reducing inflammation and swelling. It is used to alleviate inflammatory conditions such as arthritis, rheumatism, and gout. Consuming Bermuda grass juice or decoction may help alleviate pain and discomfort associated with these conditions.
4. **Diuretic Properties:** Bermuda grass acts as a diuretic, promoting increased urine production. It helps flush out toxins from the body, reduce water retention, and support kidney health. This diuretic effect is beneficial in managing conditions like urinary tract infections and kidney stones.
5. **Fever Reduction:** Bermuda grass is believed to have febrifuge properties, which help lower fever. Its cooling effect on the body helps reduce body temperature during febrile episodes. Bermuda grass decoction or juice is consumed for this purpose.

6. **Respiratory Health:** Bermuda grass is used to alleviate respiratory issues such as coughs, colds, and bronchitis. Its expectorant properties help loosen phlegm and mucus, making it easier to expel from the respiratory tract. Bermuda grass tea or decoction is commonly used to relieve respiratory symptoms.
7. **Blood Purification:** Bermuda grass is considered to be a blood purifier. It helps detoxify the blood, eliminate toxins, and improve overall blood circulation. Consuming Bermuda grass juice or decoction is believed to cleanse the blood and promote general health.
8. **Dental Health:** Bermuda grass is used in traditional oral care for its antibacterial properties. It helps prevent dental issues such as tooth decay, gum disease, and bad breath. Chewing Bermuda grass stems or using Bermuda grass mouthwash is beneficial for maintaining oral hygiene.
9. **Menstrual Disorders:** Bermuda grass is used to regulate menstrual cycles and alleviate menstrual disorders such as irregular periods and menstrual cramps. Its emmenagogue properties help promote menstruation and relieve associated discomfort.
10. **Skin Care:** Bermuda grass is utilized in skincare for its astringent and antiseptic properties. It helps cleanse the skin, reduce acne, and promote wound healing. Bermuda grass paste or lotion is applied topically for various skin issues.

While Bermuda grass offers numerous potential health benefits, it's important to use it responsibly and consult with a healthcare professional, especially if you have any underlying health conditions or are pregnant or breastfeeding.