

***Cyperus brevifolius* (Rottb.) Hassk.**

Syn.- *Kyllinga brevifolia* Rottb.

Family: Cyperaceae

Bengali/tribal name: Nirbish/ Nirbishi ghas

English name: Shortleaf spikesedge

Kyllinga brevifolia, commonly known as green *kyllinga* or shortleaf spikesedge, is a plant traditionally used in various medicinal practices.



Here are some of its medicinal uses:

1. **Anti-inflammatory Properties:** *Kyllinga brevifolia* is known for its anti-inflammatory effects. It is used to reduce inflammation and swelling in conditions like arthritis and other inflammatory disorders. The plant extracts can be applied topically to the affected areas to alleviate symptoms.
2. **Antimicrobial Activity:** The plant has demonstrated antibacterial and antifungal properties. It is used to treat various infections, particularly skin infections. The extracts can help in preventing the growth of harmful microorganisms and promoting healing.
3. **Diuretic Effect:** *Kyllinga brevifolia* is traditionally used as a diuretic to promote urine production and treat conditions like urinary tract infections, kidney stones, and edema. It helps in flushing out toxins and excess fluids from the body.
4. **Digestive Health:** The plant is used to treat digestive issues such as indigestion, diarrhea, and dysentery. It helps in soothing the gastrointestinal tract, improving digestion, and alleviating symptoms associated with these conditions.
5. **Fever Reduction:** *Kyllinga brevifolia* is used as an antipyretic to reduce fever. It can be taken in the form of a decoction or infusion to lower body temperature during febrile conditions.
6. **Pain Relief:** The plant has analgesic properties, making it useful in relieving pain. It can be used to treat headaches, muscle pain, and other

types of pain. The extracts can be applied topically or taken internally to alleviate discomfort.

7. **Wound Healing:** The extracts of *Kyllinga brevifolia* are applied to wounds, cuts, and sores to promote healing and prevent infection. Its antimicrobial properties help in faster wound healing and recovery.
8. **Antioxidant Properties:** The plant contains compounds with antioxidant activity, which helps in neutralizing free radicals and protecting the body from oxidative stress. This contributes to overall health and wellness.
9. **Respiratory Health:** *Kyllinga brevifolia* is used to treat respiratory conditions such as coughs, colds, and bronchitis. It helps in clearing the airways and alleviating symptoms associated with these conditions.
10. **Skin Health:** The plant is used in traditional medicine to treat various skin conditions, including eczema, rashes, and insect bites. Its soothing and antimicrobial properties help in reducing skin irritation and promoting healthy skin.

While *Kyllinga brevifolia* has various traditional medicinal uses, it is important to consult with a healthcare professional before using it, especially for those with underlying health conditions or those taking other medications. Further scientific research is needed to fully validate and understand the therapeutic potential and safety of this plant.