

## ***Epipremnum aureum* (Linden & André) G.S.Bunting**

Family: Araceae

Bengali/tribal name: Money-plant

English name: Golden pothos

*Epipremnum aureum*, commonly known as golden pothos or devil's ivy, is a popular ornamental plant that is also known for its potential medicinal properties. While primarily cultivated for its aesthetic appeal, it has been utilized in traditional medicine for various purposes:



1. **Air Purification:** While not a direct medicinal use, it's worth mentioning that *Epipremnum aureum* is known for its air-purifying properties. It can help remove toxins such as formaldehyde, benzene, and xylene from indoor air, thereby contributing to a healthier living environment.
2. **Wound Healing:** In traditional medicine, extracts from *Epipremnum aureum* have been used topically to promote wound healing. It is believed that its antimicrobial and anti-inflammatory properties may help prevent infections and reduce inflammation, facilitating the healing process.
3. **Anti-inflammatory Effects:** *Epipremnum aureum* contains bioactive compounds that exhibit anti-inflammatory properties. As such, it has been used traditionally to alleviate inflammation associated with conditions like arthritis, rheumatism, and skin irritations.
4. **Antioxidant Activity:** The plant contains antioxidants such as flavonoids and phenolic compounds, which help neutralize harmful free radicals in the body. These antioxidants may contribute to overall health by reducing oxidative stress and lowering the risk of chronic diseases.
5. **Respiratory Health:** Some traditional medicinal practices involve using *Epipremnum aureum* extracts or infusions to alleviate respiratory symptoms such as coughs and bronchial congestion. Its expectorant properties may help loosen phlegm and ease breathing.
6. **Gastrointestinal Support:** *Epipremnum aureum* has been used in traditional medicine to address gastrointestinal issues such as indigestion, bloating, and stomach discomfort. It may help soothe the digestive tract and promote overall digestive health.

7. **Stress Relief:** Some cultures believe that keeping *Epipremnum aureum* indoors can have a calming effect on the mind and body. While there may not be scientific evidence to support this claim, the presence of indoor plants like golden pothos is often associated with improved mood and stress reduction.

Despite its traditional uses, scientific research on the medicinal properties of *Epipremnum aureum* is still limited. As with any herbal remedy, it's important to consult with a healthcare professional before using it for medicinal purposes, especially if you have any underlying health conditions or are taking medications.