

## ***Eragrostis tenella* (L.) P.Beauv. ex Roem. & Schult.**

Family: Poaceae

Bengali/tribal name: Jhiri-ghas

English name: Tufted lovegrass

*Eragrostis tenella*, commonly known as annual lovegrass or tufted lovegrass, is a grass species that has been used in traditional medicine for various purposes.

Here are some of its reported medicinal uses:



1. **Anti-inflammatory Properties:** *Eragrostis tenella* is believed to possess anti-inflammatory properties. In traditional medicine, extracts from the plant have been used to alleviate inflammation associated with conditions such as arthritis, rheumatism, and muscle soreness.
2. **Diuretic Effects:** Some traditional medicinal practices involve the use of *Eragrostis tenella* as a diuretic to increase urine production. This property may help in promoting kidney health and supporting the elimination of toxins from the body.
3. **Digestive Aid:** *Eragrostis tenella* has been traditionally used to support digestive health. It may help alleviate symptoms of indigestion, bloating, and stomach discomfort.
4. **Fever Reduction:** In certain traditional systems of medicine, preparations made from *Eragrostis tenella* have been used to reduce fever. Its antipyretic properties may help to lower body temperature and alleviate associated symptoms.
5. **Wound Healing:** Some cultures use *Eragrostis tenella* extracts or poultices topically to promote wound healing. Its antimicrobial and anti-inflammatory properties may help prevent infections and reduce inflammation, facilitating the healing process.
6. **Respiratory Support:** *Eragrostis tenella* has been used traditionally to alleviate respiratory symptoms such as coughs and bronchial congestion. Its expectorant properties may help to loosen phlegm and facilitate easier breathing.

7. **Menstrual Disorders:** In some traditional medicinal practices, *Eragrostis tenella* has been used to regulate menstrual cycles and alleviate symptoms of menstrual disorders such as cramps and irregular bleeding.

While *Eragrostis tenella* has a history of traditional medicinal use, scientific research on its specific medicinal properties and safety profile is limited. As with any herbal remedy, it's important to exercise caution and consult with a healthcare professional before using *Eragrostis tenella* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.