

## *Eupatorium perfoliatum* L.

Family: Asteraceae

Bengali/tribal name:

English name: Common boneset

*Eupatorium perfoliatum*, commonly known as boneset, is a perennial herb native to North America that has been used in traditional medicine for various purposes.

Here are some of its reported medicinal uses:



1. **Fever Reduction:** One of the most well-known traditional uses of *Eupatorium perfoliatum* is for reducing fever. It has been historically used to alleviate symptoms associated with fevers, including chills, body aches, and general malaise. The herb is believed to induce sweating, which can help lower body temperature during febrile episodes.
2. **Immune Support:** *Eupatorium perfoliatum* has been traditionally used to support the immune system, particularly during times of illness such as colds and flu. It is believed to possess immune-stimulating properties that may help the body fight off infections more effectively.
3. **Respiratory Relief:** The herb has been used to alleviate respiratory symptoms such as coughs, congestion, and sore throat. Its expectorant properties may help to loosen phlegm and mucus, making it easier to expel from the respiratory tract.
4. **Anti-inflammatory Effects:** *Eupatorium perfoliatum* is believed to have anti-inflammatory properties, which may help reduce inflammation associated with conditions such as arthritis, rheumatism, and muscle pain.
5. **Digestive Aid:** Traditionally, boneset has been used to support digestive health. It may help alleviate symptoms of indigestion, bloating, and stomach discomfort.

6. **Pain Relief:** *The herb has been used to relieve various types of pain, including headaches, menstrual cramps, and muscle aches. Its analgesic properties may help reduce discomfort and improve overall well-being.*
7. **Antimicrobial Activity:** *Some studies suggest that *Eupatorium perfoliatum* may possess antimicrobial properties, which could help inhibit the growth of certain bacteria and fungi. This potential activity may contribute to its traditional use in treating infections.*
8. **Menstrual Disorders:** *In some traditional medicinal practices, *Eupatorium perfoliatum* has been used to regulate menstrual cycles and alleviate symptoms of menstrual disorders such as cramps and irregular bleeding.*

*It's important to note that while *Eupatorium perfoliatum* has a long history of traditional medicinal use, scientific research on its specific medicinal properties and safety profile is still ongoing. As with any herbal remedy, it's advisable to consult with a healthcare professional before using *Eupatorium perfoliatum* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.*