

Evolvulus nummularius (L.) L.

Family: Convolvulaceae

Bengali/tribal name: Shankhpushpi/Bhuinkamri

English name: Dwarf morning glory

Evolvulus nummularius, commonly known as dwarf morning glory or shankhpushpi, is a herbaceous plant with a long history of traditional medicinal use, particularly in Ayurveda and other traditional healing systems.

Here are some of its reported medicinal uses:



1. **Brain Tonic:** *Evolvulus nummularius* is renowned for its cognitive-enhancing properties. It is traditionally used as a brain tonic to improve memory, concentration, and overall cognitive function. Shankhpushpi is often recommended in Ayurveda to support mental clarity and alertness.
2. **Stress Relief:** The herb is considered an adaptogen, meaning it helps the body adapt to stressors. It is traditionally used to alleviate stress, anxiety, and nervousness. Shankhpushpi is believed to have calming effects on the nervous system, promoting relaxation and emotional well-being.
3. **Sleep Aid:** *Evolvulus nummularius* is used traditionally to promote sound sleep and treat insomnia. It is believed to have sedative properties that help induce relaxation and improve sleep quality. Shankhpushpi is often included in herbal formulations aimed at improving sleep patterns.
4. **Antioxidant Effects:** The plant contains antioxidants that help neutralize free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases. Shankhpushpi is traditionally used to promote overall health and longevity by protecting cells from damage caused by free radicals.
5. **Anti-inflammatory Properties:** *Evolvulus nummularius* exhibits anti-inflammatory properties, which may help reduce inflammation in the body. It is traditionally used to alleviate inflammatory conditions such as arthritis and rheumatism.

6. **Cardiovascular Health:** In traditional medicine, *Evolvulus nummularius* is used to support heart health and improve circulation. It may help lower blood pressure, reduce cholesterol levels, and strengthen the cardiovascular system.
7. **Diuretic Effects:** Shankhpushpi is believed to have diuretic properties, promoting urine production and helping to flush out toxins from the body. It is traditionally used to support kidney function and urinary tract health.
8. **Digestive Support:** *Evolvulus nummularius* is used traditionally to improve digestion and treat gastrointestinal disorders such as indigestion, bloating, and constipation. It may help soothe the digestive tract and promote bowel regularity.

While *Evolvulus nummularius* has a long history of traditional medicinal use and anecdotal evidence supporting its efficacy, scientific research on its specific medicinal properties and safety profile is still ongoing. As with any herbal remedy, it's important to consult with a healthcare professional before using *Evolvulus nummularius* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.