

Hibiscus × *rosa-sinensis* L.

Family: Malvaceae

Bengali/tribal name: Joba phool

English name: China rose

Hibiscus rosa-sinensis, commonly known as the Chinese hibiscus, is a flowering plant with various traditional medicinal uses.

Here are some of its reported medicinal applications:



1. **Cardiovascular Health:** *Hibiscus rosa-sinensis* is often used in traditional medicine to support heart health and manage cardiovascular conditions. Studies suggest that extracts from the plant may help lower blood pressure and cholesterol levels, reducing the risk of heart disease and stroke.
2. **Antioxidant Properties:** The plant is rich in antioxidants, such as flavonoids and polyphenols, which help neutralize free radicals in the body. Consuming hibiscus tea or extracts may help protect cells from oxidative damage, reduce inflammation, and lower the risk of chronic diseases.
3. **Anti-inflammatory Effects:** *Hibiscus rosa-sinensis* contains compounds that exhibit anti-inflammatory properties. In traditional medicine, it has been used to alleviate inflammation associated with conditions such as arthritis, rheumatism, and skin irritations.
4. **Weight Management:** Some studies suggest that hibiscus extracts may aid in weight management. The plant's compounds may help regulate metabolism, reduce the absorption of carbohydrates, and inhibit the accumulation of fat cells, potentially promoting weight loss or weight maintenance.
5. **Digestive Support:** *Hibiscus* tea is known for its mild laxative properties, which can help promote bowel regularity and alleviate constipation. Additionally, the plant's anti-inflammatory effects may help soothe the digestive tract and reduce symptoms of gastrointestinal discomfort.

6. **Liver Health:** In traditional medicine, *Hibiscus rosa-sinensis* has been used to support liver health and improve detoxification processes. Its antioxidant properties may help protect the liver from damage caused by toxins and oxidative stress.
7. **Skin and Hair Care:** Topical applications of hibiscus extracts or infusions are believed to benefit skin and hair health. The plant's antioxidant and anti-inflammatory properties may help soothe skin irritations, reduce acne, and promote hair growth and scalp health.
8. **Menstrual Health:** *Hibiscus rosa-sinensis* has been used traditionally to regulate menstrual cycles and alleviate symptoms of menstruation, such as cramps and irregular bleeding. It is believed to have mild hormone-regulating effects that may help balance reproductive health.

While *Hibiscus rosa-sinensis* has a long history of traditional medicinal use and some scientific evidence supporting its health benefits, further research is needed to fully understand its medicinal properties and mechanisms of action. As with any herbal remedy, it's important to consult with a healthcare professional before using *Hibiscus rosa-sinensis* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.