

***Hydrilla verticillata* (L.f.) Royle**

Family: Hydrocharitaceae

Bengali/tribal name: Kureli/Chingri-dol/Kutkute jhanjhi

English name: Water thyme, Hydrilla

Hydrilla verticillata, commonly known as hydrilla or waterthyme, is an aquatic plant with several reported medicinal uses, particularly in traditional herbal medicine.

Here are some of its reported medicinal applications:



1. **Antioxidant Properties:** *Hydrilla verticillata* contains antioxidants such as flavonoids and phenolic compounds, which help neutralize harmful free radicals in the body. Consuming extracts or infusions of hydrilla may help protect cells from oxidative damage and reduce the risk of chronic diseases.
2. **Anti-inflammatory Effects:** The plant has been used in traditional medicine to alleviate inflammation associated with various conditions, including arthritis, rheumatism, and skin irritations. Its anti-inflammatory properties may help reduce pain and swelling.
3. **Digestive Health:** *Hydrilla verticillata* has been used traditionally to support digestive health and alleviate gastrointestinal discomfort. It is believed to have mild laxative properties, promoting bowel regularity and relieving symptoms of constipation.
4. **Urinary Tract Health:** In some traditional medicinal practices, hydrilla is used to promote urinary tract health and alleviate symptoms of urinary tract infections (UTIs). It is believed to have diuretic properties, promoting urine production and flushing out toxins from the urinary system.
5. **Antimicrobial Activity:** *Hydrilla verticillata* exhibits antimicrobial properties against various pathogens, including bacteria and fungi. Its extracts have been used traditionally to treat infections, both internally and externally.

6. **Weight Management:** Some studies suggest that hydrilla extracts may aid in weight management. The plant's compounds may help regulate metabolism, reduce appetite, and inhibit the absorption of dietary fats, potentially promoting weight loss or weight maintenance.
7. **Respiratory Support:** *Hydrilla verticillata* has been used traditionally to alleviate respiratory symptoms such as coughs and bronchial congestion. Its expectorant properties may help loosen phlegm and facilitate easier breathing.
8. **Skin Health:** Topical applications of hydrilla extracts or infusions are believed to benefit skin health. The plant's antioxidant and anti-inflammatory properties may help soothe skin irritations, reduce redness, and promote skin regeneration.

While *Hydrilla verticillata* has a 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 *Hydrilla verticillata* for medicinal purposes, especially if you have any underlying health conditions or are taking medications.