

Nyctanthes arbor-tristis L.

Family: Oleaceae

Bengali/tribal name: Siuli

English name: Night-flowering jasmine

Nyctanthes arbor-tristis, commonly known as night-flowering jasmine or parijat, is a plant with significant medicinal properties and a long history of use in traditional medicine.



Here are some of its medicinal uses:

1. **Anti-inflammatory and Analgesic Effects:** *Nyctanthes arbor-tristis* leaves and flowers have been traditionally used to reduce inflammation and alleviate pain. They are often employed in the treatment of arthritis, rheumatism, and joint pain. The anti-inflammatory properties help reduce swelling and discomfort.
2. **Antipyretic (Fever-Reducing) Properties:** The plant has been used to treat fevers and febrile conditions. Decoctions made from the leaves or flowers can help lower body temperature and relieve symptoms associated with fevers.
3. **Antimicrobial Activity:** Extracts from *Nyctanthes arbor-tristis* exhibit antimicrobial properties, which make them effective against certain bacteria, fungi, and viruses. This helps in treating infections and promoting overall health.
4. **Digestive Health:** The leaves and flowers of *Nyctanthes arbor-tristis* are used to treat digestive issues such as constipation, dyspepsia, and loss of appetite. The plant's mild laxative effect can help regulate bowel movements and improve digestion.
5. **Respiratory Support:** *Nyctanthes arbor-tristis* is used in traditional medicine to alleviate respiratory conditions such as coughs, colds, and bronchitis. It acts as an expectorant, helping to clear mucus from the respiratory tract and ease breathing.
6. **Antioxidant Properties:** The plant contains antioxidants that help protect the body from oxidative stress and free radical damage. This

contributes to its potential benefits in preventing chronic diseases and promoting overall health.

7. **Liver Health:** *Nyctanthes arbor-tristis* has hepatoprotective properties, meaning it can help protect the liver from damage and support liver function. It is used in traditional medicine to treat liver disorders and promote detoxification.
8. **Antimalarial Properties:** Some studies have indicated that *Nyctanthes arbor-tristis* may have antimalarial properties, making it useful in the treatment and prevention of malaria. The plant extracts can help inhibit the growth of the malaria parasite.
9. **Immunomodulatory Effects:** The plant has been found to have immunomodulatory properties, which can help enhance the body's immune response and improve resistance to infections and diseases.
10. **Skin Care:** *Nyctanthes arbor-tristis* is used in traditional medicine to treat various skin conditions, including fungal infections, eczema, and wounds. Its antimicrobial and anti-inflammatory properties help promote healing and reduce skin irritation.

While *Nyctanthes arbor-tristis* has a range of traditional medicinal uses, it's important to consult with a healthcare professional before using it for medicinal purposes, especially if you have any underlying health conditions or are taking other medications. Additionally, further scientific research is needed to fully understand its medicinal properties and potential side effects.