

## ***Pilea microphylla* (L.) Liebm.**

Family: Urticaceae

Bengali/tribal name: Lotamorich

English name: Angeloweed

*Pilea microphylla*, commonly known as artillery plant, is used in various traditional medicine systems for its potential health benefits. Here are some of the medicinal uses of *Pilea microphylla*:



1. **Anti-inflammatory Properties:** *Pilea microphylla* is used to treat inflammatory conditions such as arthritis and rheumatism. Its anti-inflammatory effects help reduce swelling, pain, and inflammation in affected areas.
2. **Wound Healing:** The plant is applied topically to wounds, cuts, and burns to promote healing. Its antimicrobial properties help prevent infections, while its anti-inflammatory effects reduce swelling and pain.
3. **Antimicrobial Activity:** *Pilea microphylla* has antimicrobial properties that are effective against certain bacteria and fungi. It is used to treat infections and support overall health by inhibiting the growth of harmful microorganisms.
4. **Respiratory Health:** The plant is used in traditional medicine to alleviate respiratory conditions such as coughs, colds, and bronchitis. Its expectorant properties help clear mucus from the respiratory tract, ease breathing, and reduce congestion.
5. **Digestive Health:** *Pilea microphylla* is used to treat digestive issues such as indigestion, stomach cramps, and diarrhea. Its soothing properties help calm the digestive tract and promote healthy digestion.
6. **Antioxidant Effects:** The plant contains antioxidants that help protect cells from oxidative stress and free radical damage. This contributes to its potential benefits in preventing chronic diseases and promoting overall health.
7. **Anti-diabetic Properties:** Some traditional uses of *Pilea microphylla* include managing diabetes. It helps regulate blood sugar levels and

improve insulin sensitivity, making it beneficial for individuals with diabetes.

8. **Fever Reduction:** *Pilea microphylla* is used to reduce fever and alleviate symptoms associated with febrile conditions. Its antipyretic properties help lower body temperature and provide relief from fever.
9. **Pain Relief:** The plant is used for its analgesic properties to relieve pain. It is applied topically or consumed to alleviate headaches, muscle pain, and general body aches.
10. **Skin Conditions:** *Pilea microphylla* is used to treat various skin conditions, including rashes, eczema, and fungal infections. Its antimicrobial and anti-inflammatory properties help improve skin health and reduce irritation.

While *Pilea microphylla* has a range of traditional medicinal uses, it is essential to consult with a healthcare professional before using it for medicinal purposes, especially if you have any underlying health conditions or are taking medications. Further scientific research is needed to fully understand its medicinal properties and potential side effects.