

***Platycladus orientalis* (L.) Franco**

Family: Cupressaceae

Bengali/tribal name: Patajhau

English name: Oriental Thuja

Platycladus orientalis, commonly known as Chinese Arborvitae or Oriental Thuja, is a tree used in traditional medicine, especially in Chinese herbal medicine.

Here are some of its medicinal uses:



1. **Hemostatic Properties:** The leaves of *Platycladus orientalis* are commonly used to stop bleeding. They are applied to wounds, cuts, and abrasions to promote hemostasis and prevent excessive bleeding.
2. **Hair Health:** *Platycladus orientalis* is used to promote hair growth and prevent hair loss. The leaves and seeds are often used in formulations to strengthen hair follicles, reduce dandruff, and maintain a healthy scalp.
3. **Anti-inflammatory Effects:** The plant has anti-inflammatory properties and is used to treat inflammatory conditions such as arthritis and rheumatism. It helps reduce swelling, pain, and inflammation in the affected areas.
4. **Respiratory Health:** *Platycladus orientalis* is used to treat respiratory conditions like coughs, bronchitis, and asthma. It helps to clear mucus from the respiratory tract, ease breathing, and reduce congestion.
5. **Cardiovascular Health:** The seeds of *Platycladus orientalis* are believed to support cardiovascular health. They are used to improve blood circulation, reduce blood pressure, and prevent conditions such as atherosclerosis.
6. **Sedative and Calming Effects:** The seeds of *Platycladus orientalis* have mild sedative properties and are used to calm the mind, reduce anxiety, and treat insomnia. They are often included in herbal formulations to promote relaxation and improve sleep quality.
7. **Antimicrobial Properties:** The plant exhibits antimicrobial activity against a variety of pathogens. It is used to treat infections and support overall health by inhibiting the growth of harmful bacteria and fungi.

8. **Skin Health:** The leaves and extracts of *Platycladus orientalis* are used to treat skin conditions such as eczema, psoriasis, and fungal infections. Their antimicrobial and anti-inflammatory properties help improve skin health, reduce irritation, and promote healing.
9. **Anti-aging Effects:** The antioxidants in *Platycladus orientalis* help protect cells from oxidative stress and free radical damage, contributing to its potential benefits in reducing the signs of aging and promoting overall health.
10. **Liver Health:** The plant is used to support liver function and treat liver disorders. It helps protect the liver from damage, enhance detoxification processes, and improve overall liver health.
11. **Menstrual Health:** *Platycladus orientalis* is used to regulate menstrual cycles and treat menstrual disorders. It helps reduce menstrual pain and promote healthy menstruation.

While *Platycladus orientalis* has a range of traditional medicinal uses, it is important 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.