

## ***Plumeria pudica* Jacq.**

Family: Apocynaceae

Bengali/tribal name: Naag Champa/Prem-nalini

English name: Bridal Bouquet

*Plumeria pudica*, commonly known as Bridal Bouquet or White Frangipani, is a plant traditionally used in folk medicine for its various therapeutic properties.

Here are some of the medicinal uses of *Plumeria pudica*:



1. **Anti-inflammatory Properties:** *Plumeria pudica* is used to reduce inflammation and alleviate pain in conditions such as arthritis and muscle soreness. Its anti-inflammatory properties help to decrease swelling and discomfort in affected areas.
2. **Wound Healing:** The leaves and bark of *Plumeria pudica* are applied to wounds, cuts, and abrasions to promote healing. The plant's antimicrobial properties help prevent infections and facilitate the healing process.
3. **Skin Conditions:** *Plumeria pudica* is used to treat various skin conditions, including rashes, eczema, and fungal infections. Its soothing and antimicrobial properties help to improve skin health and reduce irritation.
4. **Fever Reduction:** The plant is used to reduce fever and alleviate symptoms associated with febrile conditions. Its antipyretic properties help to lower body temperature and provide relief from fever.
5. **Respiratory Health:** *Plumeria pudica* is used to treat respiratory issues such as coughs, colds, and bronchitis. The plant helps to clear mucus from the respiratory tract, ease breathing, and reduce congestion.
6. **Digestive Health:** The plant is used to treat digestive problems such as indigestion and constipation. It helps to soothe the digestive tract, improve digestion, and regulate bowel movements.
7. **Pain Relief:** *Plumeria pudica* is used for its analgesic properties to relieve pain. It is applied topically or consumed to alleviate headaches, muscle pain, and general body aches.

8. **Antioxidant Properties:** 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.
9. **Antimicrobial Activity:** *Plumeria pudica* exhibits antimicrobial properties against certain bacteria and fungi. It is used to treat infections and support overall health by inhibiting the growth of harmful microorganisms.
10. **Anti-diabetic Properties:** Some traditional uses of *Plumeria pudica* include managing diabetes. It helps to regulate blood sugar levels and improve insulin sensitivity, making it beneficial for individuals with diabetes.
11. **Liver Health:** The plant is used to support liver function and treat liver disorders. It helps to protect the liver from damage, enhance detoxification processes, and improve overall liver health.

While *Plumeria pudica* 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.