

## ***Tagetes erecta* L.**

Family: Asteraceae

Bengali/tribal name: Ganda

English name: African marigold

*Tagetes erecta*, commonly known as African marigold or Aztec marigold, has several traditional medicinal uses in various cultures around the world.

Here are some of its notable medicinal applications:



1. **Antimicrobial Properties:** *Tagetes erecta* contains compounds with antimicrobial properties, making it effective against various bacteria and fungi. Its extracts are used in traditional medicine to treat skin infections, wounds, and fungal conditions like athlete's foot.
2. **Anti-inflammatory Effects:** The plant is believed to have anti-inflammatory properties, which can help reduce inflammation and alleviate pain associated with conditions such as arthritis, rheumatism, and muscle soreness.
3. **Digestive Health:** *Tagetes erecta* is used to support digestive health and treat gastrointestinal issues such as indigestion, bloating, and stomach cramps. Its carminative properties help relieve gas and bloating.
4. **Respiratory Health:** In some traditional medicine systems, *Tagetes erecta* is used to relieve respiratory conditions such as coughs, colds, and bronchitis. Its expectorant properties help in clearing mucus from the airways and relieving respiratory congestion.
5. **Antioxidant Activity:** The plant contains antioxidants, including flavonoids and carotenoids, which help neutralize free radicals in the body. This may help reduce oxidative stress and lower the risk of chronic diseases such as cancer and cardiovascular diseases.
6. **Antifungal Effects:** *Tagetes erecta* extracts have demonstrated antifungal activity against various fungal pathogens. They may be used to treat fungal infections of the skin and nails, such as ringworm and nail fungus.

7. **Eye Health:** In some traditional practices, *Tagetes erecta* is used to support eye health and treat eye infections. Its antimicrobial and anti-inflammatory properties may help in relieving symptoms of conjunctivitis and other eye ailments.
8. **Menstrual Support:** The plant is used to regulate menstrual cycles and relieve menstrual cramps. Its antispasmodic properties help relax uterine muscles and alleviate pain associated with menstruation.
9. **Insect Repellent:** *Tagetes erecta* produces a strong fragrance that repels insects, particularly mosquitoes. In some cultures, the plant is grown around homes to deter mosquitoes and other insects.
10. **Wound Healing:** *Tagetes erecta* extracts may promote wound healing due to their antimicrobial and anti-inflammatory properties. They help prevent infection and reduce inflammation, facilitating the healing process.

These medicinal uses are based on traditional knowledge and practices, but more scientific research is needed to fully understand the efficacy and safety of *Tagetes erecta* for medicinal purposes. As with any herbal remedy, it's important to consult with a healthcare professional before using *Tagetes erecta*, especially if you have underlying health conditions or are pregnant or breastfeeding.