

***Thunbergia alata* Bojer ex Sims**

Family: Acanthaceae

Bengali/tribal name: Neel lota

English name: Clock vine

Thunbergia alata, commonly known as black-eyed Susan vine or clock vine, is a flowering plant native to Africa. While primarily cultivated as an ornamental plant for its attractive flowers, it also possesses certain medicinal properties.



Here are some of its traditional medicinal uses:

1. **Respiratory Health:** *Thunbergia alata* has been used in traditional medicine to alleviate respiratory conditions such as coughs, colds, and bronchitis. Its expectorant properties help in clearing mucus from the airways and relieving respiratory congestion.
2. **Antioxidant Activity:** The plant contains antioxidants such as flavonoids and phenolic compounds, which help neutralize free radicals in the body. These antioxidants protect cells from oxidative damage and reduce the risk of chronic diseases such as cancer and cardiovascular diseases.
3. **Anti-inflammatory Effects:** *Thunbergia alata* exhibits anti-inflammatory properties that can help reduce inflammation and alleviate pain. It is used in traditional medicine to relieve joint pain, arthritis, and other inflammatory conditions.
4. **Antimicrobial Properties:** Extracts from *Thunbergia alata* have shown antimicrobial activity against various bacteria and fungi. It may be used to treat infections, wounds, and skin ailments caused by microbes.
5. **Digestive Health:** In some traditional practices, *Thunbergia alata* 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.
6. **Wound Healing:** *Thunbergia alata* extracts may promote wound healing due to their antimicrobial and anti-inflammatory properties. They help

prevent infection and reduce inflammation, facilitating the healing process.

7. **Diuretic Effects:** *Thunbergia alata* has diuretic properties, meaning it increases urine production. This property helps in the elimination of excess fluid from the body, making it useful for managing conditions such as edema and urinary tract infections.
8. **Menstrual Support:** In some traditional practices, *Thunbergia alata* is used to regulate menstrual cycles and relieve menstrual cramps. Its emmenagogue properties help promote menstrual flow and alleviate associated symptoms.
9. **Fever Reduction:** *Thunbergia alata* is used to reduce fever. Its antipyretic properties help in managing febrile conditions and providing relief from symptoms associated with fever.
10. **Eye Health:** *Thunbergia alata* is believed to support eye health and treat eye infections. Its antimicrobial properties may help in relieving symptoms of conjunctivitis and other eye ailments.

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