

***Thunbergia erecta* (Benth.) T.Anderson**

Family: Acanthaceae

Bengali/tribal name: Neelghonta

English name: Bush clock vine

Thunbergia erecta, commonly known as bush clock vine or king's mantle, is a flowering plant that is primarily known for its ornamental value. However, it also possesses certain medicinal properties and has been used in traditional medicine for various health benefits. Here are some of the medicinal uses of *Thunbergia erecta*:



Here are some of its traditional medicinal uses:

1. **Anti-inflammatory Properties:** *Thunbergia erecta* is believed to have anti-inflammatory effects, which can help reduce inflammation and alleviate pain associated with conditions such as arthritis, rheumatism, and muscle soreness.
2. **Wound Healing:** The plant is used in traditional medicine to promote wound healing. Extracts from *Thunbergia erecta* can be applied topically to cuts, bruises, and other minor injuries to accelerate the healing process and prevent infections.
3. **Antimicrobial Activity:** *Thunbergia erecta* exhibits antimicrobial properties that help in combating bacterial and fungal infections. It may be used to treat skin infections and other microbial-related ailments.
4. **Respiratory Health:** In some traditional practices, *Thunbergia erecta* is used to support respiratory health. It may help alleviate symptoms of respiratory conditions such as coughs, colds, and bronchitis by acting as an expectorant and helping clear mucus from the airways.
5. **Digestive Health:** The plant is used to support digestive health and treat gastrointestinal issues such as indigestion, bloating, and stomach cramps. Its carminative properties help in relieving gas and promoting digestion.

6. **Antioxidant Activity:** *Thunbergia erecta* contains antioxidants that help neutralize free radicals in the body. These antioxidants protect cells from oxidative damage and may reduce the risk of chronic diseases such as cancer and cardiovascular diseases.
7. **Fever Reduction:** *Thunbergia erecta* is used to reduce fever in traditional medicine. Its antipyretic properties help in managing febrile conditions and providing relief from symptoms associated with fever.
8. **Skin Care:** The plant is used in traditional medicine for various skin care applications. It may help soothe irritated skin, reduce redness, and promote a healthy complexion.

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