

***Tradescantia spathacea* Sw.**

Syn.- *Rhoeo discolor* (L'Hér.) Hance

Family: Commelinaceae

Bengali/tribal name: Rheo

English name: Moses-in-the-cradle

Rhoeo discolor, commonly known as oyster plant, Moses-in-the-cradle, or boat lily, is a plant often used in traditional medicine, particularly in tropical regions.

Here are some of the medicinal uses attributed to *Rhoeo discolor*:



1. **Anti-inflammatory Properties:** *Rhoeo discolor* has been traditionally used to reduce inflammation. Its leaves are often applied as a poultice to inflamed areas to help reduce swelling and pain.
2. **Wound Healing:** The plant is used to promote the healing of wounds, cuts, and bruises. The sap or crushed leaves are applied topically to the affected area to aid in healing and prevent infection.
3. **Antimicrobial Activity:** *Rhoeo discolor* is believed to have antimicrobial properties, making it useful in treating minor infections. It is used traditionally to prevent or treat skin infections and other microbial issues.
4. **Digestive Health:** In some traditional practices, the plant is used to treat gastrointestinal problems such as stomachaches, diarrhea, and dysentery. The leaves are often boiled to make a tea or decoction that is consumed to relieve digestive issues.
5. **Respiratory Health:** *Rhoeo discolor* is used in traditional medicine to alleviate respiratory conditions. The plant's extracts are used to treat symptoms of colds, coughs, and bronchitis, likely due to its anti-inflammatory and soothing properties.
6. **Antioxidant Properties:** The plant is thought to contain antioxidants that help protect the body from oxidative stress and free radical damage, potentially reducing the risk of chronic diseases.

7. **Diuretic Effects:** *Rhoeo discolor* is sometimes used as a natural diuretic to promote urine production and help in the treatment of conditions like urinary tract infections and fluid retention.
8. **Skin Conditions:** The plant's extracts are applied to the skin to treat various conditions, including rashes, insect bites, and minor burns. Its soothing and healing properties help in alleviating skin irritation and promoting recovery.

These uses are based on traditional knowledge and anecdotal evidence. Scientific research on *Rhoeo discolor* is limited, and more studies are needed to fully understand its medicinal properties and potential health benefits. As with any medicinal plant, it is important to consult with a healthcare professional before using *Rhoeo discolor* for therapeutic purposes to ensure safety and appropriateness for individual health conditions.