

Tridax procumbens L.

Family: Asteraceae

Bengali/tribal name: Nirgundi

English name: Coat buttons

Tridax procumbens, commonly known as coat buttons or *Tridax* daisy, is a widely recognized medicinal plant in traditional medicine across various cultures, particularly in tropical regions.

Here are some of its medicinal uses:



1. **Wound Healing:** *Tridax procumbens* is renowned for its wound-healing properties. The leaves are often used as a poultice or in extract form to promote the healing of cuts, wounds, and burns. It helps in faster clotting and regeneration of tissue.
2. **Antimicrobial Activity:** The plant exhibits significant antimicrobial properties against various bacteria and fungi. It is traditionally used to treat skin infections, preventing infection in wounds and promoting overall skin health.
3. **Anti-inflammatory Effects:** *Tridax procumbens* has anti-inflammatory properties that can help reduce inflammation and alleviate pain. It is used to treat conditions such as arthritis, rheumatism, and other inflammatory conditions.
4. **Antioxidant Properties:** The plant contains antioxidants, which help in neutralizing free radicals and protecting the body from oxidative stress. This activity contributes to its overall health-promoting effects and may reduce the risk of chronic diseases.
5. **Hepatoprotective Effects:** *Tridax procumbens* is believed to support liver health. It is used in traditional medicine to protect the liver from damage caused by toxins and to promote liver function.
6. **Anti-diabetic Potential:** Some studies suggest that *Tridax procumbens* may help in managing diabetes by regulating blood sugar levels. It is

used in traditional medicine to improve insulin sensitivity and lower glucose levels in the blood.

7. **Hair Care:** The plant is used in traditional remedies for promoting hair growth and preventing hair loss. It is often applied as a hair tonic to strengthen hair roots and improve scalp health.
8. **Gastrointestinal Health:** *Tridax procumbens* is used to treat various digestive issues, including diarrhea, dysentery, and stomach cramps. Its antimicrobial and anti-inflammatory properties help in alleviating gastrointestinal discomfort.
9. **Respiratory Health:** The plant is used to relieve symptoms of respiratory conditions such as coughs, colds, and bronchitis. Its expectorant properties help in clearing mucus from the airways and relieving congestion.
10. **Immune Support:** *Tridax procumbens* is believed to enhance the immune system, helping the body to fight off infections and illnesses more effectively.
11. **Anti-hypertensive Effects:** Some traditional uses of *Tridax procumbens* include the management of hypertension. It is believed to help in lowering blood pressure and supporting cardiovascular health.

These medicinal uses of *Tridax procumbens* are based on traditional knowledge and practices. While some scientific studies support its therapeutic properties, more research is needed to fully validate its efficacy and safety. It is important to consult with a healthcare professional before using *Tridax procumbens* for medicinal purposes, especially if you have underlying health conditions or are pregnant or breastfeeding.