

***Zamia furfuracea* L.f. ex Aiton**

Family: Zamiaceae

Bengali/tribal name: Zamia

English name: Cardboard palm

Zamia furfuracea, commonly known as the cardboard palm, is a cycad native to Eastern Mexico. While it is primarily known for its ornamental value, it has some traditional medicinal uses, particularly in indigenous and local medicine.

Here are the medicinal uses of *Zamia furfuracea*:



1. **Traditional Antidote:** In some traditional practices, parts of *Zamia furfuracea* have been used as an antidote for certain types of poisoning. However, this use is highly specific and should be approached with caution due to the plant's toxic properties.
2. **Wound Healing:** The plant is used in traditional medicine to promote the healing of wounds. Poultices made from its parts are applied to cuts and sores to help prevent infection and accelerate healing.
3. **Anti-inflammatory Properties:** Extracts from *Zamia furfuracea* are believed to have anti-inflammatory effects. These extracts may be used to reduce inflammation and alleviate pain associated with conditions like arthritis and other inflammatory disorders.
4. **Skin Conditions:** The plant's leaves and roots are sometimes used in traditional remedies to treat various skin conditions, including rashes, eczema, and fungal infections. Its application is believed to soothe irritation and aid in the treatment of these conditions.
5. **Digestive Health:** In some cultures, *Zamia furfuracea* has been used to address digestive issues. It is believed to have properties that help in soothing the digestive tract and alleviating symptoms such as indigestion and stomach cramps.

6. **Respiratory Issues:** *Traditional medicine sometimes employs parts of the plant to treat respiratory ailments. It is believed to help with conditions such as coughs and colds by providing relief from congestion and irritation.*
7. **Diuretic Effects:** *The plant is used for its diuretic properties, which help increase urine production. This can be beneficial for flushing out toxins from the body and managing conditions like edema and urinary tract infections.*

*It is crucial to note that while *Zamia furfuracea* has been used traditionally for these purposes, it is also known to be toxic. The plant contains cycasin, a compound that can be harmful if ingested in large quantities. Therefore, its use should be approached with caution, and it is not recommended to use this plant medicinally without the guidance of a qualified healthcare professional. Proper identification and understanding of the plant's toxic properties are essential to prevent adverse effects.*