



Herbal Garden (Muligai Vanam)



Sangu Pushpam

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Botanical Name	:	<i>Clitoria ternatea</i> (L.)
Tamil Name	:	Sangu Pushpam
Sanskrit Name	:	Aparajita
English Name	:	Butterfly Pea

Distribution and Habitat

Clitoria ternatea (L.) is a perennial climber belongs to the family Fabaceae and is native to the tropical and sub-tropical regions of the world with twining stems. It grows twining on fences or nearby plants. The leaves are pinnate, petioles 2-2.5 cm long; flowers axillary, the corolla is composed of five petals that are of different sizes and shapes – one standard petal, two wing petals and two keel petals, about 4 cm across, white or blue. Pods up to 8 x 1.5 cm with six to ten seeds in each pod. The seeds are yellowish-brown or blackish in colour.



Parts used

Leaves, flower, fruit, roots and seeds.

Phyto-chemical constituents

Alkaloids, tannins, glycosides, resins, steroids, saponins, flavonoids, anthocyanins, phenols, volatile oils, amide derivatives, amino acids, and proteins.

Uses

The climber yields green fodder, the plant is suitable as green manure and cover crop, and enriches soil by fixing nitrogen. The blue flower petals are widely popular for the preparation

of natural dye and herbal drinks in Southeast Asia. The flower is considered auspicious in India, and is used in puja rituals.

Medicinal uses

C. ternatea is widely used in the treatment of chronic bronchitis, dropsy, goitre, leprosy, mucous disorders, sight weakness, skin diseases, sore throat and tumour. It was used traditionally to cure sexual ailments, like infertility and gonorrhoea, to control menstrual discharge and also as an aphrodisiac. The plant parts are used in traditional Indian systems of medicine as a brain tonic and is believed to promote memory and intelligence. It possesses a wide range of pharmacological activities including anti-microbial,



anti-pyretic, anti-inflammatory, analgesic, diuretic, anti-diabetic, insecticidal, blood platelet aggregation inhibiting and for use as a vascular smooth muscle relaxing properties (Anand et al. 2011). The roots and seeds are used as nerves tonic and laxative. The leaves and roots are used in the treatment of urogenital disorders, anthelmintic and antidote to animal stings. The plant is also useful in the treatment of severe bronchitis, asthma and hectic fever (Saptarini et al. 2015).

Conclusion

C. ternatea is one of the popular and important medicinal plants of tropical and moderate areas of the world. The whole plant has been reported for its biochemical and pharmacological activities such as diuretic, antihypertensive, anti-hyper-lipidemic, cardio-protective, anti-diabetic, anticancer, hepato-protective, anthelmintic, antibacterial, analgesic, anti-inflammatory, and antioxidant activity.

Photo link:

<https://plants.ces.ncsu.edu/plants/clitoria-ternatea/>

<https://theplantsnursery.com/buy-plants-online/clitoria-ternatea-white>

