



## Herbal Garden (Muligai Vanam)

### Karisilankanni



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|                       |   |                              |
|-----------------------|---|------------------------------|
| <b>Botanical Name</b> | : | <i>Ecliptaprostrata</i> (L.) |
| <b>Tamil Name</b>     | : | Karisilankanni               |
| <b>Sanskrit Name</b>  | : | Bhringaraj                   |
| <b>English Name</b>   | : | False Daisy                  |

#### Distribution and Habitat

*Ecliptaprostrata* is an erect or prostrate, branched, annual herb up to 30-40 cm high which belongs to the family Asteraceae. It is natively found in the tropical and subtropical regions, and distributed throughout China, India, Nepal, Brazil and other parts of the world.



It grows mostly in moist sites like swamp edges, river banks and edges of rice fields. Leaves opposite, oblong, lanceolate, 4-10 cm long and 0.8-2 cm wide. Stem cylindrical or flat, rough, green or purplish, rooting at basal nodes, and often covered with long white hairs. Inflorescence terminal and axillary, about 1 cm across, white or cream, on peduncle to 7 cm long. Fruit achene, densely warted, either brown or black, 2-3 mm long.

#### Parts used

Whole plant

#### Phyto-chemical constituents

Alkaloids, alkenynes, cardiac glycosides, steroids, triterpenes, phytosterol, flavonoids, coumestans, glycosides, triterpenoids, saponins, stigmasterol,  $\beta$  terthienylmethanol, wedelolactone, dimethyl wedelolactone, hentriacontanol, heptacosanol, polyacetylene substituted thiophene,  $\beta$ -amyrin, luteolin-7-glucoside. Cystine, glutamic acid, phenyl alanine, tyrosine, methionine, nicotine and nicotinic acid.

## Uses

The leaf extract is used as a natural dye to colour the hair. The leaf powder is mixed with coconut oil and heated and applied on the head to enhance the hair growth and prevent grey hair. This plant is one of the Hindu's "Ten Auspicious Flowers" and is sometimes called, "the king of hair."

## Medicinal uses

*E. prostrata* has been extensively used in traditional medicine for a wide range of ailments of the treatment of cough, whitening of hair. In the Ayurvedic system of medicine, the plant is used to maintain the balance of *Vata* and *Kapha*. The plant is used as a tonic and diuretic in hepatic and spleen



enlargement. It is also used in catarrhal jaundice and for skin diseases. The plant is commonly used in hair oil all over India for healthy black and long hair. The fresh juice of leaves is used for increasing appetite, improving digestion and as a mild bowel regulator. Externally it is used for inflammation, minor cuts and burns and the fresh leaf juice is considered very effective in stopping bleeding. The stem is useful in remedy of hypercholesterolemia, hepatic disease, hyper-lipidemia, anaemia, asthma, tuberculosis and spleen enlargement. The root has been used as hepato-protect-ant and antimicrobial agent (Shafi and Imtiyaz, 2016).

## Conclusion

*Ecliptaprostrata* (L) is a small herbaceous medicinal plant which provides essential properties against several diseases. Clinical investigations have been done on different pharmacological activities like diabetic, proliferative, hypo-lipidemic, hepato-toxicity, etc. This plant has a greater potential to inhibit bacterial and fungus growth and has been long used for the therapy of hair loss, greying of hair, high blood pressure, skin diseases, gastrointestinal diseases, respiratory diseases, cuts and wounds.

## Photo link:

<https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:1186403-2>

