



Herbal Garden (Muligai Vanam)



Hogweed (Siriya mookurattai)

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Botanical Name	:	<i>Boerhaaviadiffusa</i> (L.)
Tamil Name	:	Siriya mookurattai
Sanskrit Name	:	Punarnava
English Name	:	Hogweed

Distribution and Habitat

Boerhaaviadiffusa is an herbaceous plant of the family Nyctaginaceae. This plant grows vigorously as a weed in different terrestrial habitats such as grasslands, wastelands, agricultural fields, residential compounds, ditches and marshy places. in tropical and subtropical regions such as India, Brazil, Africa, Australia, China, Egypt, Pakistan,



Sudan, Sri Lanka, Iran and several countries of Middle East. It is a perennial creeping, prostrate or ascending herb, up to 1 m long or more, with spreading branches. Roots stout, fusiform with a woody root stock; stem succulent, cylindrical, purplish, hairy, thickened at the nodes; leaves simple, thick, fleshy, hairy, arranged in unequal pairs, green and glabrous above and white underneath, ovate-oblong, 12-37 mm long; flowers minute, forming auxiliary and terminal panicles, hermaphrodite, pink or pinkish red in colour; fruits ovate, oblong, hairy, five ribbed and glandular.

Parts used

Whole plant

Phyto-chemical constituents

Alkaloids, steroids, triterpenoids, lipids, flavonoids, lignins, carbohydrates, proteins, glycol-proteins, boeravinone A-F, hypoxanthine 9-Larabinofuranoside, ursolic acid, punarnavoside, lirodendrin, punarnavine, palmitic acid, arachidic acid, β -sitosterol and amino acids.

Uses

The entire plant including the root is consumed as vegetable. The roots and seeds are added to cereals, pancakes, and other foodstuffs. Seeds are also served as birdfeed. The plants are grazed by sheep, goats and cows and in West Bengal it is believed that the plant enhances lactation period and also the amount of milk in cattle (Wealth of India, 1988).



Medicinal uses

B. diffusa is a well-known medicinal plant that is frequently prescribed in various indigenous systems of medicine such as Ayurveda and Unani. The whole plant is useful in all types of inflammation, ophthalmia, cardiac disorders, jaundice, anaemia, dyspepsia, constipation, cough, bronchitis and general debility. The leaves are used for treatment of liver complaints, hypotension, skin diseases (itches and eczema), night blindness and also used as an antidote to snakebites. Root of the plant is useful to treat gonorrhoea, dropsy, bronchial, asthma, rheumatism, and kidney disorders (Jaiswal, 2010). The plant has most promising pharmacological activities include anti-fibrinolytic, immunosuppressive, diuretic, hepato-protective, anti-diabetic, anti-inflammatory, anticancer, immuno-modulatory, anti-lympho proliferative, analgesic properties, and also for the treatment of pulmonary tuberculosis (Murti et al. 2010).

Conclusion

Boerhaaviadiffusa, a perennial creeping weed found in tropics and sub-tropics is a well-known ethno-medicinal plant. The extracts from the whole plant have been widely used in various traditional and folklore systems of medicine for treatment of various ailments.

Photo link

<https://plantingman.com/punarnava-boerhavia-diffusa-vegetable-garden/>

