



Herbal Garden (Muligai Vanam)



Vishnukranthi

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Botanical Name	:	<i>Evolvulusalsinoides</i> (Linn)
Tamil Name	:	Vishnukranthi
Sanskrit Name	:	Vishnugandhi
English Name	:	Dwarf morning-glory

Distribution and Habitat:

Evolvulusalsinoides (L.) is a perennial herb found throughout India that belongs to the family Convolvulaceae commonly seen in open and grassy places, and it is found in India, Africa, Philippines, and subtropical countries of the world.



It is a perennial herb with a small woody branched rootstock; stem membranous, more than 30 cm long, prostrate, spreading, slender or rounded, wiry usually covered with long spreading hairs but sometime quite glabrous. Leaves are small, numerous, alternate, elliptic-oblong, obtuse, very short. Flowers light blue or deep blue very small solitary, or sometime in pairs, fruits are usually glabrous, four-valved capsules thin, 3-4 mm diameter.

Parts used:

Whole plant

Phyto chemical constituents:

Alkaloids, carbohydrates, steroidal glucosides, saponin, tannins, pseudo tannins, chlorogenic acids, flavones, flavonoids, coumarin, anthocyanin, phenol, terpenoides, resins, volatile oil, anthrax quinones, phytosterol triterpenoids. caffeic acid, fucoxanthin, kaempferol, phytol, piperine, squalene, and quercetin.

Medicinal uses:

The plant is used in Ayurveda in the treatment of stress, neurodegenerative diseases, amnesia and asthma. Leaves are recommended for asthma and mental disturbances. The whole plant is used in the form of decoction in nervous weakness and loss of memory. The plant is also

useful as blood purifier and in bleeding piles. The fresh flowers with sugar are eaten as a brain tonic (Gupta et al. 2013). The leaves are made into cigarettes and smoked in chronic bronchitis and asthma. It also improves complexion, voice and cures from intestinal worms. It promotes 'medha', the power of memory. The plant has bitter, anti-helminthic and febrifuge



and is useful in the treatment of fever, loss of memory, syphilis, bronchitis, biliousness, epilepsy, leucoderma and promotes growth of hair, improves complexion and appetite. It is slightly laxative in action and improves digestion. It promotes health of both the male and female reproductive organs. It is a rejuvenative herb with anti-aging properties. It is a sovereign remedy in bowel complaints specially diarrhoea and dysentery. It has been found to be effective in reducing different types of stress including psychological, chemical and traumatic (Ketjarun et al. 2016).

Conclusion:

E. alsinoides commonly known as 'Vishnukranthi' have various pharmacological activities such as anti-convulsant activity, anti-inflammatory activity, antioxidant activity, anti-microbial activity, cardio protective and pancreas protective, owing to its chemical constituents. Various marketed formulations present in the market containing the seeds, whole herb of *E.alsinoides*. The bioactive molecules present in this plant can be used for different drug production and play an important role in human health.

Photo link:

<https://greencoverinitiative.com/wild-plants/evolvulus-alsinoides-slender-dwarf-morning-glory/>

