

Botanic name : *Boerhavia diffusa* L.

Common name : Punarnava

Family : Nyctaginaceae

Habitat : Terrestrial

Distribution : Native to India up to an altitude of 2000 m in the Himalayas; tropical, sub-tropical distribution

Description : Perennial herb, leaves simple, opposite, exstipulate, petiolate, bracts and bracteoles present, small, caducous, axillary inflorescence

Phytochemicals: Bioactive compounds as flavonoids, rotenoids, alkaloids (punarnavine, punarnavoside), steroids, triterpenoids; Hentriacontane, B-sitosterol and ursolic acid along with glucose, fructose and sucrose (root)

Medicinal/Economic uses : A rejuvenative drug used in Ayurveda. Useful in biliousness, blood impurities, leucorrhoea, anaemia, inflammations, heart diseases, asthma, alternatives etc. The leaves are useful in dyspepsia, tumours, spleen enlargement, abdominal pain. Seeds are tonic expectorant, carminative, useful in lumbago, scabies. The seeds are considered as promising blood purifier. Leaves as antidiabetic food ingredients.