

**Botanic name :** *Stellaria media* Sibth. -- Fl. Oxon. 141. 1794 ; nom. illeg. (IK)

**Common name :** Common Chickenweed, Chickenwort, winterweed

**Family :** Caryophyllaceae

**Habitat :** Terrestrial

**Distribution :** Native to Europe, North America, Eurasia but widely available in the wild and cultivated forms in other temperate locations like Indian Himalayas

**Description :** An annual, fragile, procumbent weak, herb; leaves ovate to ovate-lanceolate, opposite, entire at margins, taper at tips, flowers regular, small white, star-shaped, broad, arranged laxly in a dichasial cyme subtended by green bracts; sepals 5, hairy, membranous at margins; petals five, narrow, deeply 2-cleft, looked like 10 petals, slightly shorter than calyx or in the same length; stamens usually 3-7; gynoecium syncarpous, styles three; fruit egg-shaped, three-valved capsule. Exhibit a very interesting trait, every night the leaves fold over the tender buds and the new shoots-(they sleep) termed the 'Sleep of Plants,'.

**Phytochemicals:** Flavonoids, saponin glycosides, coumarins, hydroxycoumarins, triterpenoids, triterpenoid saponins, ascorbic acid, thiamin, niacin, oleic-acid, potassium, riboflavin, beta-carotene, calcium, genistein, gamma-linolenic-acid, hentriacontanol, magnesium, rutin, selenium, and zinc. High in vitamins and minerals

**Medicinal/Economic uses :** Tonic to cleanse kidney and liver, anti-hepatitis B virus, antimicrobial, anti-inflammatory, antihistamine, pain reliever. The whole plant is astringent, demulcent, diuretic, refrigerant, expectorant, carminative, laxative, vulnerary. Used extensively in Indian Homeopathic system to treat rheumatic pains, general irritability, headache, lassitude, indisposition to work, smarting and burning in eyes, feel protruded. Dull, frontal headache; abdominal disorder, skin and stomach problems, inflammation and indolent ulcer, lung problems, scurvy; soothe severe itchiness and irritated skin. Good for constipation. Folkloric: an infusion of the dried herb is used in coughs and hoarseness, and is beneficial in the treatment of kidney complaints. Infusion of the dried herb is used in coughs and hoarseness, and is beneficial in the treatment of kidney problem. Decoction of the whole plant is taken internally as emmenagogue, galactagogue, postpartum depurative, and circulatory tonic. A juicy addition to salad and dried plants are milled into green flour. Pot herb as ornamental.