

Aerva lanata (L.) Juss. ex Schult.

Sanskrit name: Bhadra

English name: Polpala

Hindi names: Chaya, Gorakhganja

Malayalam names: Cherula, Peela, Pongalpoovu

Tamil names: Cherupulai, Koolappoo, Sirupulai, Poolaippoo



Description

Herbs, white woolly tomentose. Leaves simple, alternate, 3-4 x 1-3 cm, orbicular to ovate, apex obtuse, mucronate, pubescent above, densely woolly below, membranous; petiole ca. 1 cm. Spikes axillary, to 1 cm, densely tomentose; bracts and bracteoles 1 mm, ovate. Tepals 1.5 mm, oblong, woolly mucronate. Stamens 5, staminal filaments basally connate with interposed linear staminodes. Ovary ovoid, 1-ovuled. Fruit is an urticle, 1-seeded.

Parts used: Whole plant

Traditional uses

The plant is used for arresting hemorrhage during pregnancy, burn healing, as an anti-inflammatory, headache, skin disease, to dissolve kidney, and gall bladder stones, for uterus clearance after delivery and to prevent lactation. The plant extract is used to treat, nasal bleeding, cough, scorpion sting, fractures and

spermatorrhoea. *Aerva lanata* serves as a purpose of anthelmintic and medication that soothes inflamed and injured skin. The roots also used for diuretic and demulcent, and are credit with tonic properties.

Medicinal properties:

Antioxidant Properties: Possess wonderful antioxidant properties. The leaves are used as vegetable. The plant is with antioxidant properties.

Lowers Blood Sugar Levels: Lowers blood sugar levels and its consumption will have a positive impact on diabetic patients. Besides lowering blood sugar levels, it also helps prevent the decrease in body weight which normally many diabetic patients experience.

Treats Asthma: Extract has been proven to be effective for treating asthma. It is a common practice to give water decoction of the plant to control asthma traditionally. In a study done on animal models, the aerial parts of the plant were shade dried, powdered, mixed with ethanol and dried in vacuum evaporator and given in different dosages and it proved that it has anti-asthma properties.

Treats Diarrhoea: In a study, both ethanol extract and water extract of *Aerva lanata* showed significant anti diarrhoeal properties and it helped reduce the intestinal transit.

Anti Urolithiatic Activity: Very well known for treating kidney stones. The water decoction of the plant is given for dissolving kidney stones. It also has a protective effect on the kidneys and is of great for patients suffering from kidney problems.

For expelling Intestinal Worms: The species has wonderful anthelmintic properties and has been used for treating intestinal worms traditionally. It is particularly effective for treating tapeworms and can be used either the powder or the water extract of the fresh plant.

Anti-Cancer Properties: The plant also has anti-cancer properties. In a study, human cancer cell lines (leukaemia, prostate, colon and cervix) were treated with ethyl acetate and chloroform fraction of *Aerva lanata* in the dosage of 30, 50 and 100 mg. 100 mg of both the fractions proved to be effective against all the cancer cell lines.