

## Abstract

The scientific name of Touch-Me-Not Plant is Mimosa Pudica. With its striking shy attributes, around the globe, it has developed many nicknames like the sleepy plant, shy plant, shrinking plant or bashful plant.

But, what the people are unaware of are the various health benefits of Mimosa Pudica. This article will give you an exhaustive description of the various benefits that you can reap out of this plant.

The touch-me-not plant is not really shy or bashful. The leaves of this plant when touched fold or shrink inwards as a “**rapid plant movement**” to protect itself from harmful elements in the environment like grazing animals.<sup>1</sup> However, after a few minutes, the leaves open again.

## Nutrient Value And Properties Of Touch-Me-Not Plant

1. For Minor Cuts And Wounds
2. For Excessive Bleeding During Menstruation
3. Cures Piles Or Bleeding Piles Or Hemorrhoids
4. For Joint Pain Or Arthritis
5. For Treating Diabetes
6. For Treating Diarrhea
7. For Treating Jaundice
8. For Treating Stomach Ache And Intestinal Worms
9. To Cure Itching
10. To Cure Gum Problems And Toothache
11. For Treatment Of Glandular Swelling And Hydrocele
12. To Uplift Sagging Breast
13. For Treating Snake Bites
14. For Treating Insect Bites
15. Treating Insomnia/Sleeplessness
16. For Treating Asthma
17. For Treating Premature Ejaculation
18. Fights Hair Loss
19. Treating Fractures