



Night Flowering Jasmine

Kingdom : Plantae

Order : Lamiales

Family : Oleaceae



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General Information



○ To Alleviate Pain and Inflammation:

Many Ayurveda medications use the parijat essential oil to help with pain, irritation and swelling associated with health conditions like **arthritis, stress, muscle tension, rheumatism and sore muscles too**. It can also be used to relieve menstrual pains, headaches, sciatica, and joint-aches. The night jasmine is a very strong anti-arthritic, anti-inflammatory as well as a powerful analgesic which helps to reduce Kapha dosha from the body and *remove excess fluids that cause inflammation and pain*.

○ Treat Malaria and Other Nauseous Fevers:

The **leaves of the Parijat flower** are often used to treat malarial fever. It can be used as a natural remedy for fevers that cause nausea, diarrhoea and rising body temperature caused due to bile maladies. The leaf extracts are particularly effective against both types of malaria, even the resilient strains of *Plasmodium falciparum*, which is why they are also used to get **rid of malaria parasites in Maharashtra and Gujarat**

Medicinal Uses



○ Prevents Free Radical Damage:

Aging and other health issues are often caused by free radical damage to the cells in our body. This process is known as **Oxidative Damage**. To prevent cell damage, our body needs antioxidants. According to a research study, the night jasmine leaves have powerful antioxidant properties that can be used to effectively get rid of harmful effects of free radicals in our body. They can also be used to inhibit early signs of aging or development of cancer. Using this essential oil for a massage is one of the **Ayurvedic uses of Parijat**.

○ Antibacterial, Antiviral, and Anti-allergic:

The *Nyctanthes Arbor Tristis* or the Raat Rani as it is often known as a powerful antibacterial and antiviral. According to a recent study, curing the effects of bacteria like a Staph infection, *E. coli*, *Pseudomonas aeruginosa*, and fungus (*Aspergillus Niger*) are some of the *benefits of parijat oil*. Not only does the parijat fights against bacteria, but it also helps to fight against the Semliki Forrest virus and Cardiovirus which causes encephalomyocarditis.

Medicinal Uses



○ Other Benefits Are:

Helps to cure lice, baldness, dandruff, and get rid of grey hair.

Prevents dental issues like scurvy

One of the Parijata herb uses include treating congestion that is caused by asthma, dry cough, bronchitis, etc.

Can be used to treat high blood pressure

Helps to maintain glucose levels in the body

Prevents acidity and dyspepsia

Used to treat Sciatica

Is used as an antidote to snake bites

Alleviates piles