{Sadapushpa}

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{Catharanthus roseus}

{Apocynaceae}

|  |  |
| --- | --- |
| Tamil | {Nithyakalyani} |
| Malayalam | {Shavam Naari} |
| Hindi | {Sadabahar} |
| English | {Periwinkle} |

Description

{Nithyakalyani (Sadapushpa, Catharanthus roseus) is a perennial herb belonging to the family Apocynaceae.  
  
Habitat: Native to Madagascar, but naturalized and cultivated widely across India, especially in gardens and temple premises. It thrives in warm climates with sandy to loamy soils and can withstand drought conditions.  
  
Morphology: An evergreen subshrub, growing up to 60–100 cm in height. Leaves are opposite, simple, oval, glossy green with a short petiole. Flowers are pink, white, or purple with five petals and appear throughout the year, giving the plant the name “Nithyakalyani” (ever-blooming). The fruits are cylindrical follicles containing small brownish seeds.  
  
Grahya Lakṣaṇa: The plant should be fresh, with vibrant green leaves and regularly blooming flowers. Roots should be firm and free from decay. Ideally selected plants are those that grow in uncontaminated soil, not near waste dumps or polluted water sources.}

Useful Parts

{Leaves,Root,flowers }

Benefits

1. {1. Anticancer activity – The alkaloids vincristine and vinblastine are widely used in chemotherapy, especially for leukemia, Hodgkin’s lymphoma, and breast cancer.  
   2. Diabetes management – Traditionally used to control madhumeha (diabetes), it lowers blood glucose by improving pancreatic beta-cell activity.  
   3. Hypertension control – Alkaloids act as mild hypotensive agents, helping regulate blood pressure.  
   4. Wound healing – Leaves paste is applied on wounds, ulcers, and insect bites to promote faster healing.  
   5. Antimicrobial action – Exhibits antibacterial, antifungal, and antiviral activity, useful in infections.  
   6. Skin health – Used externally in acne, eczema, and chronic skin diseases.  
   7. Fever reduction – Decoction of leaves helps in intermittent fevers and general weakness.}

Pharmacological Action

* {Antidiabetic  
  Anticancer  
  Antihypertensive  
  Wound healing  
  Antimicrobial  
  }

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta, Kashaya } |
| Guna | {Laghu, ruksha } |
| Virya | {Shita} |
| Vipaka | {Katu} |
| Karma | {Kapha,Pitta shamaka } |