{Sahadevi}

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{Vernonia cineria Less. }

{Compositae}

|  |  |
| --- | --- |
| Tamil | {Naichotte poonde} |
| Malayalam | {Puvanakodantel} |
| Hindi | {Sahadevi, Sahdebi, Sahadebi} |
| English | {Purple fleabane, Little ironweed} |

Description

{Sahadevi is a small shrub found all over India in the temperate climate, growing to a height of 0.5 feet to 3 feet. The leaves have a hairy surface beneath and the flowers are purple or pink colored blooming in the rainy season.}

Useful Parts

{Root}

Benefits

1. {Nidrakara – induces sleep  
   Grahi – absorbent, useful in diarrhea, IBS  
   Sameerajit – Vatahara – useful in treating disorders of Vata Dosha imbalance such as neuralgia, paralysis, constipation, bloating, etc  
     
   Indicated in –  
   Asrapitta – Bleeding disorders such as nasal bleeding, heavy periods, etc  
   Shukrakara – Shukrala – improves sperm and semen quantity and quality  
   Kshata – injury, bleeding  
   Vishamajwara – Intermittent fever  
   Sidhma Kushta – skin disease  
   Usage of Sahadevi in fever:}

Pharmacological Action

* {Cyto protective effect, Anti oxidant effect,   
  Anti diarrheal effect.}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta (Bitter)} |
| Guna | {Laghu (Light for digestion), Ruksha (Dry in nature)} |
| Virya | {Ushna (Hot)} |
| Vipaka | {Katu (Undergoes Pungent taste after digestion)} |
| Karma | {Kaphavata shamaka (reduces vitiated kapha and vata dosha)} |