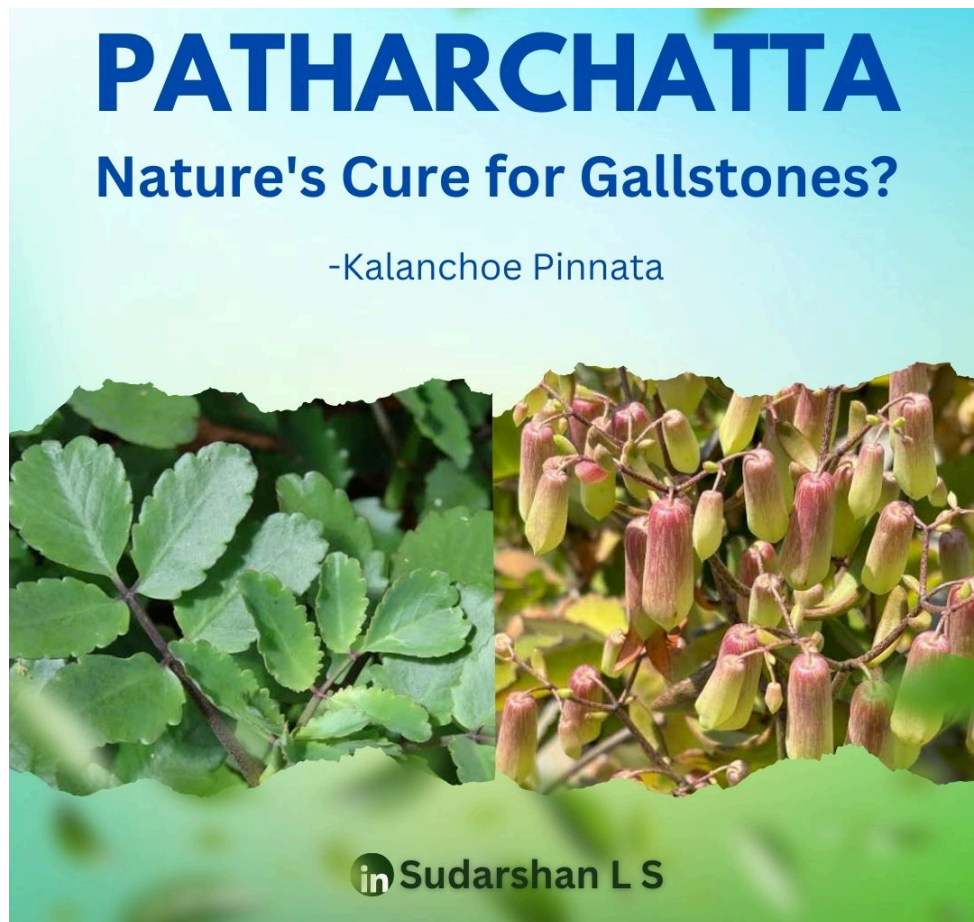


Kalanchoe Pinnata and Its Benefits: Backing Claims with Evidence



A few days ago, my mother introduced me to an old friend at the local market, and it turned into an interesting story.

Let me share with you about that:

On that Sunday morning, from our conversation, we found that she is looking for a plant, *Kalanchoe pinnata*, also known as the Patharchatta plant.

But why?

Her husband is suffering from gall bladder stones, and she is hoping to find this plant.

Someone told her about this plant and its benefits. However, she couldn't find it in half of Bangalore.

When she showed the picture of the plant, luckily, my mother recognized the plant growing in our backyard.

She immediately stared at me, so I could help her, as I am a pharmacist.

I recollected the name of the plant from our pharmacognosy lessons. But I was not sure about its use for dissolving gallbladder stones.

So, how can I help her? What should I do now?

I am a medical writer and a responsible pharmacist; hence, I requested her to give me some time.

So that I could research and give her evidence-based information.

I researched, and what I found was surprising. Nature truly has healing treasures.

Yes, Kalanchoe pinnata can help with gallbladder stone digestion; it's scientifically proven.

I contacted her, shared the information I had gathered, and suggested using it only under a doctor's prescription.

We gave the plant to her, which made her happy, and my mom felt proud.

Are you curious to know the evidence? Check the comments below.

Conclusion:

Kalanchoe pinnata is a miracle leaf with nature's healing power. It is used in Ayurvedic medicines for its variety of health benefits. It has the ability to prevent or dissolve stones. Regular consumption of its juice helps dissolve stones, regardless of their type or location.

PS: As a medical writer or pharmacist, don't share any health-related information without evidence.

Reference:

1. https://www.iamj.in/posts/images/upload/3223_3226.pdf