

A Review on Clitoria Ternatea

Hake Balaji V.¹, Miss. Zodage A. B.², Naik Omkar³, Patil Omkar⁴, Patil Abhay⁵, Indalkar Prajkt⁶

Student, Department of Pharmacy, Shivlingeshwar College of Pharmacy, Almala, India^{1,3,4,5,6}

Assistant Professor, Department of Pharmaceutics, Shivlingeshwar College of Pharmacy, Almala, India²

Abstract: *Clitoria ternatea*, a perennial twining herb indigenous to tropical Asia, has been widely recognized in traditional medicine for its memory-enhancing and anxiolytic effects. Various parts of the plant contain a diverse array of bioactive constituents, including tannins, resins, starch, taraxerol, taraxerone, alkaloids, flavonoids, saponins, proteins, anthocyanins, and carbohydrates. Traditionally, it has been used to manage a broad spectrum of health conditions such as jaundice, migraine, throat and eye infections, skin disorders, asthma, joint inflammation, earaches, skin eruptions, fever, urinary tract infections, constipation, snake bites, headaches, indigestion, leprosy, and disorders of the central nervous system. Moreover, *Clitoria ternatea* has historical applications in treating gonorrhoea, stress, and infertility, and as a natural food colorant. In Ayurvedic medicine, it is extensively utilized for its numerous therapeutic properties, which include anti-inflammatory, analgesic, antimicrobial, and anxiolytic activities

Keywords: *Clitoria ternatea*, Pharmacognostic studies, Pharmacological activities, Phytoconstituents, Traditional uses

