

# Pharmacological and Therapeutic Potential of Trapa Bispinosa: A Review

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**Abstract:** *The water chestnut is a perennial aquatic plant (Trapa natans var. Bispinosa Roxb.). By concentrating on its nutritional makeup, therapeutic qualities, and possible contributions to enhancing general wellness, this study seeks to clarify the health advantages of water chestnut. Essential nutrients like vitamins B6, C, and E, as well as minerals like potassium, phosphorus, and magnesium, are abundant in water chestnuts. Antioxidants are essential for lowering inflammation, which has been connected to a number of illnesses, such as arthritis and heart disease. Water chestnuts' anti-inflammatory qualities may help reduce the symptoms of these illnesses and enhance general well-being. While dietary fiber helps control cholesterol, potassium content helps control blood pressure. These elements support a more robust heart. Issues with the kidney, liver, spleen, genitourinary system, and stomach. It has antiseptic, diuretic, stomachic, astringent, bitter, and febrifuge properties. For gonorrhoea, menorrhagia, and other genital affections, the entire plant is used. Wounds, ulcers, ophthalmopathy, diarrhea, and dysentery can all benefit from it.*

**Keywords:** Water chestnuts; nutritional value; uses; health benefit

