



Bougainvillea



Synonym:

- Gujarati: Bougainvillea / Buganvel
- Hindi: Bougainvillea / Buganvil / Kagith Phool
- English: Paper Flower / Bougainvillea

Botanical name: *Bougainvillea glabra*

Choisy / *Bougainvillea spectabilis* Willd.

Family: Nyctaginaceae

Chemical Constituent:

- Flavonoids (quercetin, rutin, kaempferol)
- Alkaloids
- Saponins
- Tannins
- Phenolic compounds
- Pinitol

Therapeutic Effect:

- Anti-diabetic – lowers blood glucose levels
- Anti-inflammatory – reduces swelling and pain
- Antioxidant – protects against oxidative stress

- Antimicrobial – effective against bacteria and fungi
- Anticancer potential – studied for cytotoxic activity
- Respiratory relief – used in traditional medicine for cough and asthma

Marketed preparation:

- Bougainvillea herbal teas (used for diabetes and respiratory ailments)
- Ayurvedic powders and decoctions (for cough, sore throat, and gastrointestinal issues)
- Cosmetic formulations (skin care, antioxidant creams)

Key Constituents:

- Quercetin & Rutin – antioxidant flavonoids
- Pinitol – anti-diabetic activity
- Tannins & Saponins – antimicrobial and astringent properties

Uses:

- Medicinal:
 - Management of diabetes, cough, sore throat, diarrhea, and ulcers
 - Used for skin infections and wound healing
- Ornamental:
 - Widely planted for decorative purposes due to vibrant bracts
- Cultural:
- Popular in gardens, temples, and landscaping