



Hibiscus



Synonym:

- Gujarati: Jasud
- Hindi: Gudhal / Japa
- English: Shoe Flower / China Rose / Hibiscus

Botanical name: *Hibiscus rosa-sinensis*
Linn.

Family: Malvaceae

Chemical Constituent:

- **Flavonoids:** Quercetin, Kaempferol, Cyanidin
- **Anthocyanins:** Delphinidin, Cyanidin derivatives (responsible for red color)
- **Tannins**
- **Saponins**
- **Organic acids:** Citric acid, Malic acid
- **Polysaccharides**

Therapeutic Effect:

- **Antioxidant – protects against oxidative stress**
- **Anti-inflammatory – reduces swelling and pain**

- **Antipyretic – lowers fever**
- **Antimicrobial – effective against bacteria and fungi**
- **Hypolipidemic & cardioprotective – supports heart health**
- **Hair tonic – promotes hair growth and prevents dandruff**

Marketed preparation:

- Hibiscus hair oils and shampoos (Ayurvedic and cosmetic brands)
- Herbal teas (Hibiscus tea for blood pressure and cholesterol control)
- Ayurvedic powders and extracts (used in formulations for fever, skin diseases, and digestion)

Key Constituents:

- **Anthocyanins (cyanidin, delphinidin) – antioxidant and cardioprotective**

- **Quercetin & Kaempferol – flavonoids with anti-inflammatory activity**
- **Tannins & Saponins – antimicrobial and astringent properties**

Uses:

- Management of hypertension, hyperlipidemia, fever, and infections
- Used for skin diseases, wound healing, and digestive issues
- Cosmetic:
 - Hair care (strengthening roots, preventing dandruff, promoting growth)
 - Skin care (anti-aging, soothing)
- Nutritional:
 - Hibiscus tea as a refreshing antioxidant-rich beverage