



SRI SIVANI COLLEGE OF PHARMACY

(Under the Management of Sri Sivani Educational Society, Srikakulam)
(Estd.2007, Approved by PCI-New Delhi and Affiliated to JNTU, Gurajada-Vizianagaram)
N.H-16, Chilakapalem Jn., Etcherla Mandal, Srikakulam Dist - 532402.

SHANKAM PUSHPAM

BOTINICAL NAME: *CLITORIA TERNATEA*

FAMILY: Fabaceae

SYNONYMS:

ENGLISH: Asian pigeonwings, Bluebellvine

HINDI: Shankhapushpi

TAMIL: Sangu Pushpam

TELUGU: Shankampushpam



CHEMICAL CONSTITUENTS:

- ❖ The chemical constituents in Shankpushpi consist of carbohydrate-D-glucose, rhamnose, maltose, sucrose and starch.
- ❖ It also contains protein, amino acids and the alkaloids-convolvine, convosine, subhirsine and convolidine along with fatty acid and wax constituents, hydrocarbons, aliphatic and sterol and certain other bio-chemicals. 1. Carbohydrates: D-glucose, maltose, rhamnose, sucrose, starch and other carbohydrates

USES:

- ❖ Helps to calm down the brain and relieve stress as well as anxiety
- ❖ It also improves memory by acting as a brain tonic due to its Medhya (improves intelligence) property
- ❖ You can take Shankapushpi powder along with warm milk or water to help boost memory and concentration
- ❖ Enhancing concentration
- ❖ Learning capabilities
- ❖ Mental fatigue
- ❖ Insomnia
- ❖ Stress
- ❖ Anxiety
- ❖ Depression

