

## *Portulaca oleracea*

### Scientific classification

Kingdom	: Plantae
Clade	: Angiosperms
Order	: Caryophyllales
Family	: Portulacaceae
Genus	: <i>Portulaca</i>
Species	: <i>P. oleracea</i>
Part used	: whole plant



### Description

*Portulaca oleracea* (purslane or duckweed) It is an annual, succulent plant which may reach 40 cm (16 in) in height. It has smooth, reddish, mostly prostrate stems and the leaves, which may be alternate or opposite, are clustered at stem joints and ends. The yellow flowers have five regular parts and are up to 6 mm (0.24 in) wide. The flowers open singly at the center of the leaf cluster for only a few hours on sunny mornings. The tiny seeds are formed in a pod, which opens when the seeds are mature. Purslane has a taproot with fibrous secondary roots and is able to tolerate poor soil and drought.

### Medicinal uses

It exhibits a wide range of pharmacological effects, including antibacterial, antiulcerogenic, anti-inflammatory, antioxidant, and wound-healing properties. The plant is antibacterial, antiscorbutic, depurative, diuretic and febrifuge. The leaves are a rich source of omega-3 fatty acids, which is thought to be important in preventing heart attacks and strengthening the immune system. Seed sources such as walnuts, however, are much richer sources. The fresh juice is used in the treatment of strangury, coughs, sores etc. The leaf juice is applied to earaches, it is also said to alleviate caterpillar stings.