



## ***Clitoria ternatea L.***

**Family:** Fabaceae

**Common name:** Butterfly pea

**Local name:** Aparajita

**Importance:**

- Used as a memory enhancer, nootropic, antistress, anxiolytic, antidepressant, anticonvulsant, tranquilizing and sedative agent.
- Helps regulate the absorption of sugar into the bloodstream.
- Helps in strengthening the hair follicles.
- Treats health concerns like indigestion, constipation, arthritis and skin diseases.