

Botanical Name- Erythrina speciosa

Common Name – Coral tree



Uses

1. Relieves anxiety and stress.
2. Acts as a mild sedative for insomnia.
3. Reduces inflammation and pain.
4. Treats respiratory conditions like cough and asthma.
5. Aids in wound healing.
6. Provides relief from arthritis and joint pain.
7. Supports liver health.
8. Treats urinary tract infections.
9. Boosts immunity.
10. Improves digestion and relieves constipation.
11. Reduces high blood pressure.
12. Alleviates menstrual cramps.
13. Acts as an anti-allergic agent.