

Cyanthillium cinereum (*Vernonia cinerea*)



Common Name: Little Ironweed

Scientific Name: *Cyanthillium cinereum*

Family: Asteraceae (Compositae)

Little ironweed is a species of perennial plant in the sunflower family. It is an annual herb up to 120cm tall. It produces flat-trapped arrays of numerous flower heads, each with pinkish or purplish disc florets but no ray florets.

Economic Importance: It is used for the treatment of inflammation, diarrhoea, cough, smoking cessation, asthma, Parkinson's disease and leprosy. Little Ironweed is a herb mentioned in the ayurvedic pharmacopoeia for the treatment of fever, wounds, renal calculi, skin diseases and elephantiasis. It has anti- hyperglycaemic, antioxidant, antitumour, sedative, antidiarrheal, antimicrobial and anthelmintic activities.