**Purslane, a botanical of medicinal use**

- **Plant common name:** Purslane
- **Plant nomenclature:** *Portulaca oleracea* L. (Portulacaceae)
- **Native to Europe and Asia but also grows in many other parts of the world including Americas**
- **The aerial part is eaten as human foods and medicines**
- **Purslane aerial part is succulent and mucilaginous**
- **Purslane contains mucilage, plant acids, vitamins A, B1, C, calcium, cyclo-dopa and diketopiperazine alkaloids such as oleraceins A, B, C, D, and E, hesperidin and caffeic acid, flavonoids (kaempferol, apigenin, myricetin, quercetin and luteolin), omega-3 fatty acids and melatonin, norepinephrine and dopamine, and others.**
- **Folk uses include treatments for headaches, stomachache and dysentery, intestinal worms, and lizard bite.**
- **Modern uses include the treatments for urinary and digestive problems, appendicitis, an antidote for wasp stings and snake bite, relief of skin ailments with external uses.**
- **Research found that purslane has mild antibiotic and neuroprotective properties.**
- **Can be grown in an herb garden.**
- **For more information on Purslane as a herb, click this link below**