

Bridging tradition and evidence: the pharmacological potential of *Cyperus rotundus* L.

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ABSTRACT

Cyperus rotundus L. is a perennial medicinal plant used in traditional folk medicine to treat inflammatory diseases, gastrointestinal disorders, gastric ulcers, and other associated diseases. Various studies have shown that the rhizomes of the plant contain biologically active compounds such as ascorbic acid, beta sitosterol, flavonoids, terpenes, and essential oils, which are responsible for the therapeutic effects of the plant. A detailed review of the literature on the ethnobotanical uses, phytochemical constituents, and pharmacological activities of *Cyperus rotundus* L was done by searching scientific literature and collecting data on the anti-inflammatory, antioxidant, antimicrobial, and gastroprotective activities of this plant using in vitro and in vivo approaches. The gathered literature on the ethnobotanical uses, phytochemical constituents, and pharmacological activities of *Cyperus rotundus* L indicates the medicinal importance of this plant in the Ayurvedic system and reiterates its traditional uses.

Keywords: Ayurveda, pathological of *Cyperus rotundus* L, Pharmacological action, phytochemistry constituents.