

Dormilona (Mimosa Pudica)

Organically grown @ 



How it works

Mimosa Pudica or the "touch me not plant" is a tropical plant with nerve regenerative potential and it is extensively use in Ayurveda, Unani and Homeopathic medicine. The mimosine has potent **antiproliferative** properties (inhibit cell growth on tumor cells) and **apoptosis** effects (programmed cell death). Mimosa pudica been shown to alleviate pain and is also used as an **antispasmodic**, muscle relaxant and **anti-inflammatory**. Mimosa produces an **antidepressant** like profile similar two tricyclic antidepressants Clomipramine (brand name Anafranil), Desipramine (brand names: Norpramin and Pertofrance)

It also has **antibacterial, antivenom, aphrodisiac, anticonvulsant, and anti-asthmatic, sedative and tonic properties.**

It is very rich in **alkaloids, flavonoids**, non-protein amino acid (mimosine), tannins, sterols, terpenoids, and fatty acids. All this makes a helpful and promising herbal candidate.

The Benefits and Properties

It helps in the treatment of many disorders like, **dysentery, sinus disorders, insomnia, diarrhea, alopecia** and is also applied **to cure wounds** for ages.

Because Mimosa pudica has **anti-inflammatory and anti-bacterial** properties, it works to reduce the **swelling in the gums** and **prevent any sort of infection.**

In Chines Traditional Medicine it is used as a mild **sedative** and for many conditions related to **stress, anxiety, agitation and depression.**

Effective in relieving the symptoms of rheumatoid arthritis and muscular pain.

The "touch-me-not plant" comes useful to control **excessive bleeding during menstruation.** It has properties to **balance out the hormones** in the body and thus bring relief.

In Ayurveda, mimosa pudica is used to **regulate the blood sugar levels** in the body. It

does so by releasing the required amount of insulin. Thus, this plant **can treat diabetes**.
Treatment for **Lyme disease** because of its properties **antiparasitic**; it has a broad spectrum of activity against many of the parasites that are associated with this disease; it may have also a strong effect on Babesia.

Dosage

Tincture: 1-3ml (1 - 3 full pipettes) daily.
Consult your homeopath or herbalist.
Infusion (herbal tea): 1 - 2 cup daily.

Precaution

Do not use when pregnant, when operating equipment or using an antidepressant.

References :

<https://mavcure.com/health-benefits-touch-not-plant-mimosa-pudica/>

<https://tropilab.com/>