

# *Hibiscus rosa-sinensis*

## **Scientific classification**

Kingdom : Plantae  
Clade: Tracheophytes  
Clade: Angiosperms  
Clade: Eudicots  
Clade: Rosids  
Order: Malvales  
Family: Malvaceae  
Subfamily: Malvoideae  
Tribe: Hibisceae  
Genus: *Hibiscus*



*commonly known as Chinese hibiscus, shoe flower, or rose mallow, is a popular ornamental and medicinal plant. It belongs to the Malvaceae family and is native to tropical and subtropical regions.*

## **Medicinal Uses of Hibiscus rosa-sinensis:**

### **1. Digestive Health:**

*The flowers are used as a mild laxative.*

*They are also known to soothe stomach disorders.*

### **2. Antioxidant Properties:**

*The plant contains bioactive compounds like flavonoids and anthocyanins, which combat oxidative stress and promote overall health.*

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## **3. Skin Care:**

*Hibiscus flowers are used in poultices for wounds and burns.*

*They are known to have moisturizing properties and are a common ingredient in skincare products.*

## **4. Hair Care:**

*Extracts from the flowers and leaves are believed to promote hair growth and prevent dandruff.*

*Often used as a natural conditioner.*

## **5. Diabetes Management:**

*Studies suggest the flower extracts may help lower blood sugar levels.*

## **6. Heart Health:**

*Consuming hibiscus tea, made from the calyx, may help reduce blood pressure and cholesterol levels.*

## **7. Fever and Colds:**

*Hibiscus infusions are used to reduce fever and relieve colds due to their cooling and soothing properties.*

## **8. Anti-inflammatory and Antimicrobial:**

*The plant has compounds that may help reduce inflammation and fight infections.*

## **How to Use:**

**Hibiscus Tea:** Brew dried hibiscus petals to make a refreshing and medicinal tea.

**Topical Application:** Crush fresh leaves and flowers for use on skin or scalp.

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***Powdered Form:*** Dry the flowers and grind them for use in homemade remedies or herbal formulations.