

A Review on Topic Mimosa Pudica Linn. A Sensitive Plant with Powerful Healing Secrets

Miss. Saloni Rajendra Halmare and Prof. Rajani H. Sonone

NSPM College of Pharmacy, Darwha, Yavatmal

Abstract: *Mimosa pudica* Linn., commonly known as the sensitive plant or “touch-me-not,” is a creeping herb belonging to the family Fabaceae and is widely distributed across tropical and subtropical regions. The plant is well-known for its rapid thigmonastic movement, in which the leaves fold upon mechanical stimulation due to changes in turgor pressure within the pulvinus. Beyond its remarkable movement mechanism, *M. pudica* has gained substantial scientific interest due to its diverse phytochemical profile, including alkaloids, flavonoids, tannins, phenolic compounds, terpenoids, and glycosides. These bioactive constituents contribute to a broad spectrum of pharmacological activities such as anti-inflammatory, antinociceptive, antimicrobial, antioxidant, antidiabetic, wound-healing, anticonvulsant, antidepressant, and hepatoprotective effects. Traditionally, the plant has been used in Ayurveda, Unani, and folk systems of medicine for managing ailments like diarrhea, dysentery, skin disorders, urogenital infections, and pain. Modern investigations continue to validate many of these traditional claims while also exploring new therapeutic potentials. Additionally, the plant demonstrates ecological significance as a nitrogen-fixing species and a natural soil stabilizer. This review highlights the botanical characteristics, phytochemical composition, mechanism of leaf movement, ethnomedicinal uses, and pharmacological actions of *M. pudica*, emphasizing its value as a multipurpose medicinal plant and a promising candidate for future drug development

Keywords: *Mimosa pudica*, plant movement, pharmacological activities, morphology, uses

