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Research on the unprecedented increase in sports and performance of athletes by daily consumption of aparajita (*Clitoria ternatea*) flowers (blue tea)

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Abstract

Aparajita (*Clitoria ternatea*) is grown to enhance the beauty of the garden and house and is called Vishnukrantha, Gokarni etc. in Ayurveda. In Ayurveda, the Aparajita (*Clitoria ternatea*) tree (Aparajita (*Clitoria ternatea*) flower in Hindi) with its white and blue flowers is described to be beneficial. The use of Aparajita (*Clitoria ternatea*) is effective in the treatment of athletes, women, men, children and adults. Don't you know that everyone uses Aparajita (*Clitoria ternatea*)? It is called Aparajita (*Clitoria ternatea*) because it can overcome incurable diseases. The seeds of the Aparajita (*Clitoria ternatea*) tree relieve headaches. Both types of Aparajita (*Clitoria ternatea*) improve intelligence and eliminate vata, pitta and phlegm. Diseases ranging from simple to severe can be treated with Aparajita (*Clitoria ternatea*). It is also good for swellings in various parts of the body. It is also beneficial for Sports & athletes in providing energy and protecting their health.

Keywords: Aparajita benefits, *Clitoria ternatea* uses, ayurvedic medicinal plant, health and wellness, herbal remedies

Introduction

Aparajita (*Clitoria ternatea*) tree (*Clitoria ternatea* flower in Hindi) is dense and soft. Especially in the rainy season, flowers (Aparajita (*Clitoria ternatea*) flowers) are seen on it. Its flower (Aparajita (*Clitoria ternatea*) phool) is also called Gokarni because it resembles a cow's ear. Aparajita (*Clitoria ternatea*) comes in two types, white and blue flowers. Blue-flowered Aparajita (*Clitoria ternatea*) also has two species: (1) Single-flowered and (2) Double-flowered.



Fig 1: Single-flowered and Double-flowered

It is said that this plant is always successful and never fails when used to treat diseases. In addition to its beauty, these flowers are also beneficial to your health. This flower is rich in antioxidants. Due to the presence of antioxidants such as p-coumaric acid, delphinidin-3, kaempferol, and 5-glucoside, these flowers can reduce many diseases and keep the body healthy. Since the respiratory, circulatory, kidney, and digestive systems work well due to regular consumption, athletes can focus and coordinate more during exercise and easily reach their athletic goals by increasing their performance to the highest level.

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Boost your Efficiency & Immunity

Aparajita (*Clitoria ternatea*) flowers have antibacterial properties and help boost immunity. It helps prevent pain and infection. Aparajita (*Clitoria ternatea*) flowers have also been shown to help with weight loss. Tea made from these flowers speeds up metabolism in the body. Aparajita (*Clitoria ternatea*) flower tea contains a phenolic compound called catechin, which is an antioxidant. It helps to reduce fat and support weight loss. Its tea accelerates metabolism, thus improving digestion. It reduces water weight in the body. Adding food can provide many benefits. Therefore,

fat is not produced in the body. As a result, athletes and sport person can move more and maintain body composition, resulting in improved performance.

Cancer Prevention

Aparajita (*Clitoria ternatea*) flowers are rich in anthocyanin compounds called termini. These are known to prevent the growth of cancer cells. Aparajita (*Clitoria ternatea*) contains many antioxidants, including kaempferol, which has anti-inflammatory properties. Another antioxidant, delphinidin-3, can strengthen the immune system and kill colon cancer.

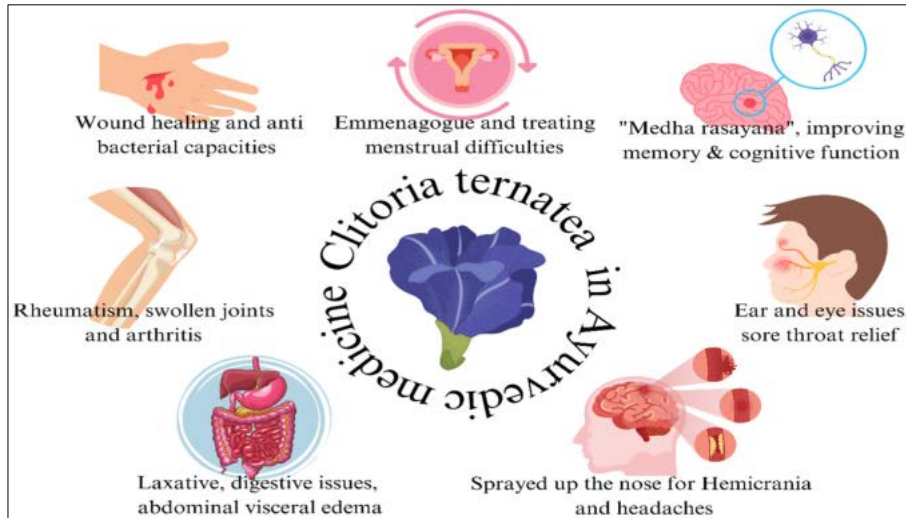


Fig 2: Cancer Prevention

Anti-Aging Properties

Blue tea from Aparajita (*Clitoria ternatea*) flowers is also effective for skin care. It has high amount of antioxidants, which reduces the symptoms of aging. By consuming it your skin looks young and healthy. It has anti-glycation effects, which are known to combat skin aging. Flavonoids are present in this tea, which can stimulate collagen production. It keeps the skin glowing.

Diabetes Prevention

The biggest benefit of consuming Aparajita (*Clitoria ternatea*) blue tea is that it helps in preventing diabetes. Diabetes is the most common disease seen in people at present. Due to the high number of antioxidants present in this tea, it helps in reducing blood sugar and insulin levels. The antioxidants present in it prevent cell damage and reduce fatty liver problems and cholesterol.

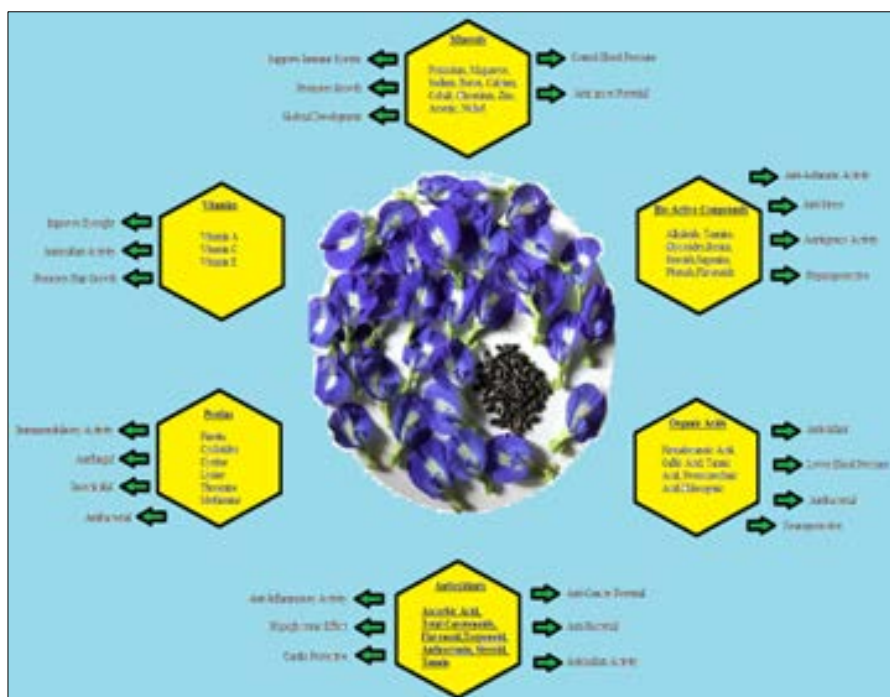


Fig 3: Diabetes Prevention

Aparajita Benefits in Healing Wound, Blisters

By tying the pulp of 10-20 Aparajita (*Clitoria ternatea*) leaves on wounds or very painful wounds on the palm or fingers. Spraying cold water on it provides relief very quickly. Grind 10-20 grams of Aparajita (*Clitoria ternatea*) (vishnukanta plant) root with kanji or vinegar. Ripe boils get cured by applying it.

Aparajita (*Clitoria ternatea*) Flower in High BP benefits

High BP patients have a higher risk of diabetes and heart diseases. In such a situation, it is important that along with controlling BP, keep your blood vessels and heart function healthy. Aparajita (*Clitoria ternatea*) flowers (butterfly pea flower benefits) can be useful to you in this work. Yes, Aparajita (*Clitoria ternatea*) flowers have been used as herbal remedies for many diseases since ancient times. Which also includes diseases related to lungs and heart? In this context, it is also beneficial for high BP patients (Tea for high BP). Aparajita (*Clitoria ternatea*) flower tea can reduce blood pressure through its vasorelaxation properties. Which means it helps in widening your blood vessels to increase blood circulation. Additionally, it has antithrombotic effects that prevent blood clotting.

How to Improve Sports Person Digestion

Aparajita (*Clitoria ternatea*) due to its good digestive properties plays an important role in strengthening the digestion of sports persons. These fattening and astringent compounds reduce the production of gas in the intestines, thus reducing bloating, flatulence and flatulence. The rich laxative properties of Aparajita (*Clitoria ternatea*) provide a unique remedy for constipation and other digestive problems. The antacid products of the plant also prevent excessive acid formation in the stomach, thus treating indigestion, stomach ache, gastritis, heartburn and helps in increasing absorption in athletes. Taking one teaspoon of Aparajita (*Clitoria ternatea*) plant with warm water in the morning helps in getting rid of intestinal problems. Therefore, the human body feels strong every day. Aparajita (*Clitoria ternatea*) has strong hepatoprotective and hepatotropic properties, making it a miracle cure for jaundice and other liver diseases where the liver is often affected. The rhizome helps liver function by secreting bile, which helps to bring liver enzymes to normal levels. It cleanses the liver, detoxifies it and improves liver function.

Conclusion

This light golden blue flower or leaf powder has been known since ancient times for its extensive medicinal properties and culinary uses. Thanks to the goodness of essential bio-active ingredients and its range of amazing health benefits, blue tea is widely used to boost digestion, control diabetes, boost immunity, treat ulcers and wounds, prevent oral problems, Used to enhance skin properties, reduce hair problems. When consuming Aparajita (*Clitoria ternatea*) flowers, consider moderation and consult with a healthcare provider or a herbalist, especially if you have any medical conditions or are on medication. While the benefits are promising, further research is needed to fully understand the long-term effects and establish comprehensive health guidelines

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