

Medicinal properties of Saraca Indica I

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Abstract

Saraca indica L. is an important religious plant with lots of traditional importance belonging to the family *Caesalpiniaceae*. These are the valuable herb that herbal medicine has such as impressive influence that numerous medicine therapies reasonable their patient with herbal deal with problems, Unani, Ayurveda and Homeopathic medicines. A reference to this bark's reputation for keeping women healthy and youthful. The present review on the detail medicinal properties and have extend uses in indigenous system of medicine. It has been used in traditional Indian medicine in various therapies.

Keywords: Ashoka, traditional and modern medicinal use

Introduction

For centuries, plants have been important in the treatment of a various variety of disease and disorders. The traditional systems of medicine along with information from conservative folklore, dawn of modern medicine. Ethnobotany is the systematic and scientific and customs of peoples their medicinal, religious and other uses. Medicinal plant has been used for the treatment of various ailments throughout the world before the advent of modern synthetic drugs. Herbal medicine has such as amazing influence that numerous alternative medicine therapies extravagance their patient with herbal remedy, Unani and Ayurveda. *Saraca Indica* is one of the most leading plants utilized from ancient times till to date (Bhadauria *et al* 2012) ^[1]. *Saraca Indica* is a rain forest tree. *Saraca Indica* tree belonging to *Caesalpiniaceae* family. It is found all over India, especially in Himalayas Kerala, and Bengal and whole south region (Nyeem *et al.* 2017) ^[5]. Ashoka (*Saraca Indica*) plant has been known from as early as the vedic period. it has many health benefits and has long been used in traditional Indian medicine as a key ingredient in various therapies and cures (Baranwal *et al.* 2016) ^[2]. The most significant unani & Ayurvedic, Homeopathic medicinal plants for the several treatment various feminine disorder especially in gynecological disorders. Research on plant materials for their potential medicinal value plant material have been used or the treatment of serious disease throughout the world before the advent of modern clinical drugs (Anitha *et al.* 2008) ^[3]. The plant is source of various types of compounds like Antibacterial, Anticancer, Anti-diabetic and Antioxidant etc, which are useful for various medicinal properties and economic importance.

Vernacular Name

Some name for the Ashoka tree includes –

Common name – Ashoka, Hempushpa

English name – Asoka

Sanskrit –Sita ashoka, Anganapriya, Ashopalava, Ashoka, Asupala, Apashaka, Ashoka

Other languages – vanjulam (Hindi), Ashok (Assamese),

Oshok (Bengali), Ashoka (Oriya), Asogam (Tamil), Asokam (Malayalam),Asokamu (Telugu), Sokanam (Thai), Kenkalimara (kannada), Tengalan (Malay).

Methodology

The present study of medicinal plant of *Saraca Indica*. Provides a collection of information on medicinal plants can be utilized In various regions of India. The including was reviewed, survey, journals, books and literatures. The last few decades, people from different communities have been maintaining data regarding traditional knowledge related to the use of medicinal properties of *Saraca Indica*. This plant is one of the most significant medicinal plants for the treatment of several feminine disorder.

Medicinal Uses

All the plant parts of *Saraca Indica* such as flower, leaves, bark, seeds etc.

Leaves

Leaves are used in stomachalgia, central nervous system, depressant activity, and get rid of worms in stomach.

Flower

Treating Diabetes, Dysentery, Haemorrhagic, lever disease, an wound healing, uterine tonic, Antidiabetic and Anti syphilitic, Pitta, Haemorrhoids.

Bark

Astringent, Sweet refrigerant, Anthelmin, Styptic, Stomachic, Constipating, Febrifuge, and Demulant, Menorrhagia & Gynecological disorder, Internal bleeding, Ulcers uterine affections, Leucorrhoea and Pimples.

Fruits

Fruits chewed a a substitute for areca nuts.

Economic Importance

- Wood used for plough and shafts
- Pods make a good forage

- Flowers cooked eaten as a potherb

Ritual Uses

The legendray Indian text, Ramayana has a mention of the Ashoka tree. In Hinduism the Ashoka is considered a sacred tree and worshipped in Chaitra, the first month of Hindu calendar, in Mahakavya this tree is mentioned in the Ramayana in reference to the Ashoka vatika (Garden of Ashoka tree) where hanuman first meet Sita (Baranwal *et al.* 2016) [2]. Married women in India are known to eat Ashoka flower buds as a ritual to invoke fo r child protection as well as and gynecological problems. (Pradhan, p 2009) [4]. Ashoka is especially sacred to the hindu god of love, kamadeva, for whom it is worshipped every year on December 27. It is hindu mythology that the Indian philosopher and founder of Buddhism, Gautama Siddhartha was said to have been born under this tree. (2009)

Conclusion

The present study that the medicinal properties and traditional uses of *Saraca Indica*. *Saraca Indica* belonging to family caesalpiniaceae. this plant as a women friendly medicinal important plant. The local peoples understand biodiversity and as a knowledge regarding proper use of medicinal plants. For various reasons, the uses of modern medicine to ayurveda, unani and homeopathic herba and medicinal plants for various disease and disorders. *Saraca indica* is one of the vast used medicinal plants in ayurveda, unani and homeopathic. This versatile plant is the source of various parts of plant like flowers, leaves, bark and seeds are of medicinal value. *Saraca Indica* is the most important medicinal plant which a lot of medicinal values for female disorders and female related problems such as dysfunctional uterine bleeding, heavy flow of periods, pimples, internal bleeding, effect on endometrial and the ovarian tissue, leucorrhoea, metrorrhagia.

Ashoka is the used in many pharmacological activites like antidiabetic, anti menorrhagic, antimicrobial activity, anticancer. This paper will be helpful for medicinal uses of the ashoka plant and can ne maintain for the central of various disease.

References

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