

Bakul (*Mimusopselengi Linn*).

Family : Sapotaceae

Vernacular Names –

- Hindi - Moulasiri
- Tamil - Bagulam
- Marathi – Elaingi
- Telugu - Pogada Chettu

Synonyms

- Cira puspa
- Madhu-gandha
- Kesara
- Sthirapuspa

Introduction-

It is a medium sized tree with white and fragrant flower Caraka and Susruta have delineated Bakula in their Texts while Vagbhaṭa did not. Bhāvamisra described two varieties of Bakula i.e.; Bakula and Baka (Brhat Bakula). The later variety is identified with *Osmanthus fragrans Linn*.

Major Chemical Constituents- Quercitol, lupeol, oleic & linoleic acids, taraxerol, meso-inositol etc.

Properties-

- Rasa Kasaya, Kaṭu
- Guna
- Guru, Snigdha
- Virya
- Vipaka
- Sita

Rogaghanta (Therapeutic Indication)

Amayika Prayoga (Therapeutic Administration)

Grahya Lakshan

Indications- Danta roga, Śvitra, Atisāra, Krmī



Therapeutic Usage-

Cala Danta- Using the seed powder of Bakula as tooth powder (Sodhala).

Part Used- Root bark, stem bark, fruit & flower.

Dosage- Decoction 50-100 ml, powder 1-3 g.

Important Formulations- Bakuladya tailam

Research-

1. The leaf extract showed antibacterial activity Satyanarayana et al; 1977).
2. Ethanolic extract 90%) of the fruits and leaves hypotensive effect in dog (Sharma et al; 1978).
3. The 50% ethanolic extract (whole plant excluding showed diuretic action in rats (Aswal et al; 1984).
4. Saponin from seeds has been reported to have sp activity (Benerji etc.)