

**KADALI (*Musa sapientum* Linn.)**

Family- *Musaceae*

**External Morphology**

**Rhizome (Corm):** The true, underground stem, which sends out suckers and anchors the plant.

**Pseudostem (False Trunk):** Formed by tightly wrapped leaf sheaths, providing height and support, but not a true woody stem.

**Leaves:** Large, oblong, growing in a rosette, with strong petioles (leaf stalks) that twist to resist wind.

**Suckers:** Shoots growing from the rhizome; 'sword' suckers are stronger and produce better fruit than 'water' suckers.

Fruit-

**Inflorescence:** A large spike emerging from the top of the pseudostem, bending downwards.

**Male Bud:** The large, purple-red structure at the end, protecting male flowers.

**Female Flowers:** Higher up on the stalk, developing into fruit.

**Fruit (Finger):** Botanically a berry, developing parthenocarpically (without fertilization) to be seedless in cultivated varieties, with leathery skin (epicarp) and soft pulp (mesocarp/endocarp).

**Hands:** Clusters of 10-20 fingers

**Part Used :** fruit

**Synonyms :** Varna, mocha, Ambusara, Anshumatiphsla ,

**Raspanchak :**

Rasa - Madhur rasa and kashaya

Guna - Guru and Snigdha

Vipaka - Madhur

Virya - sheet

**Species :**

- *musa paradisica*



## **Karma**

Varshya, Raktvikar , Trishna, Dhah, Kshat, Kshaya, Netravikara, Pramehanashak

## **Pharmacological Actions :**

- Anti - diabetic
- GIT
- Bleeding disorder

## **Doshakarma ( Effect on doshas) :**

- VataPita balance and Kapaa increase

## **Rogagnata ( Therapeutic Indications) :**

- Jivaniya
- Balya
- Sangrahk
- Madhumeh
- Trishna
- Apasmar
- Apatantrk
- Vatik vikar

## **Amayika Prayoga ( Therapeutic Administration )**

**Digestive Health (Stomach Disorders):** Ripe banana is used to aid digestion, treat acidity, and relieve constipation.

**For Diarrhea/Dysentery:** Unripe (green) banana is highly effective in managing diarrhea and dysentery due to its astringent properties.

**For Skin Health (Twacha Vikar):** Banana leaves or the ash of the plant can be used for soothing skin irritation, though specifically, Banana is known for its skin-soothing properties.

**For Urinary Disorders:** The juice of the banana stem is used to help with kidney stones and urinary tract infections.

**For Weakness:** Being highly nutritious, banana is recommended for increasing energy and overcoming.



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