

TWAK (*Cinnamomum zelyanicum*)

Family- Lauracea

Classification-

Sushrut - Eladi varga

Synonym-

Twak- the useful part is bark

Darusita- bark in Sweta in taste

Saihnlam - common in Sri Lanka

Vanpriya- growing wild in forests

Mukhashodanm - it is mouth refreshing

Bahagandam- bark is highly aromatic

Utkatam- bark is highly aromatic

Swarnbhumik- it grows in fertile land



Botanical description-

Twak-is a moderate sized evergreen tree. Bark is rather thick, smooth and pale. Young parts are glabrous except the buds, which are finely silky.

Leaves are opposite or subopposite, coriaceous, ovate or ovate lanceolate, subacute, glabrous, and shining above, slightly paler beneath, base acute and rounded. Main nerves are 3-5 from the base or nearly so, strong, with fine reticulate venation between.

Flowers-are numerous, in silky pubescent panicles usually larger than the leaves.

Fruits are oblong or ovoid-oblong, minutely apiculate, dry or slightly fleshy, dark purple, surrounded by the enlarged campanulate perianth, which is eight mm. in diameter.

Twak- is single, double or closely packed, compound quills of varying length upto 2.5 cm. in diameter and 0.5-mm. to 1-mm. in thickness. Outer surface is yellowish brown in colour with shining wavy lines running longitudinally and occasional scars and holes. Inner surface is dark brown with faint straight striations.

Species-

Cinnamomum tamala

Cassia cinnamom

Sihali

Rasa panchank-

Rasa - katu , tikta , madhur

Guna - ruksha ,laghu, ruksha

Virya- ushana

Vipaka- katu

Karma -

Dosh karma- kapha - pitta shamak

Dhatu karma - varshya, vajikarka

Mala karma - mutral

Roga ghanta - varna shodhak, shirshool, udarshool, mukhashosh, trishna, rajyakshma, pratishaya, puyameha, aruchi, kasa.

Part uses- bark

Dose-

Churna - 1-3 gm

Oil - 2-5 drops

Chemical composition-

Cinnamaldehyde, Eugenol, neraldehyde, phellandrene, pinene, methyl cymene, cinnamyl alcohol, cinnzeylanin.