

SHALMALI (*Salmalia malabarica*)

Family - Bombocaceae

Synonyms –

- **Koot shalamali**- stem is having prickles.
- **Picchila**- possess gum-like secretions.
- **Rochan**- acts as good appetizer.
- **Shalamali**-grows to great height.
- **Sthirayu**- lives for a longer period.

Rasa-Panchak

- Guna-Laghu, Snigdha, Picchila
- Rasa- Madhura (Mocharasa- Kashaya)
- Vipaka- Madhura (Mocharasa- Katu)
- Veerya- Sheeta

Chemical Constituent- Lupeol, Beta-sitosterol, Hydroxycadalene, Shamimicin

Part used- Root, Flower, Fruit, Latex (Mocharasa)

Dose- Churna: 3 to 6 gm, Niryasa: 1 to 3 gm

Formulation - Shalmali Ghrita

