

ASHOKA (*Saraca asoca* (Roxb.) De Wilde)

Family: Caesalpinaceae / Fabaceae

Vernacular Names: Hindi: Ashok | Sanskrit: Ashoka, SitaAshoka | Bengali: Ashok | Tamil: Asogam

Synonyms: Saraca indica, Sita Ashoka, Hempushpa

Botanical Description: 7 - 10 m uncha sadahara ped Patte 15 - 20 cm lambe, paripatra, 6 -12 cm ke leaflets, naye patte laaltambe. Phool narangilaal, sugandhit, guchhon me Chhal bahar se kalibhuri, warty surface

Habitat: Varshavan ka ped. Deccan, Western Ghats, Himalaya ki tarai, West Bengal, Kerala. Nami jagah pasand

Ras Panchak:

Rasa: Kashaya, Tikta

Guna: Laghu, Ruksha

Virya: Sheeta

Vipaka: Katu

Doshagnata: KaphaPitta Hara

Amayik Prayog: Pradara, Yonivyapata, Raktapitta, Daha, Krimi, Trishna, Shosha, Arsha, Gulma, Udara Shoola

Part Used: Twak/Chhal, Pushpa, Beej

Matra: Twak churna 1 - 3 gm | Kwath 50 - 100 ml | Ashokarishta 15 - 20 ml

Specific Yoga: Ashokarishta, Ashoka Ghrita. Pradara me twak kwath doodh ke sath. Mutraghata me beej jal ke sath

Chemical Composition: Glycosides, Flavonoids, Tannins, Saponins. Lignin glycosides, Isolariciresinol, Lyoniside. Catechin, Epicatechin, Gallic acid, Steroids

