

Mogra (Arabian Jasmine) (*Jasminum sambac* (L.) Aiton)

Family: Oleaceae

Vernacular Names: Hindi – Mogra, Bela, Motia; Sanskrit – Varshiki, Malati; Tamil – Malligai; Malayalam – Mullappoo; Marathi – Mogri; Bengali – Beli,

Synonyms: J. Zambac Roxb., Mogorium undulatum (L.) Lam.,

Ras Panchak:

Rasa: Madhura, Tikta Note: Classical texts vary; Bhavaprakasha mentions Tikta Madhura

Guna: Laghu, Snigdha

Virya: Sheeta – cooling

Vipaka: Madhura

Prabhava: Hridya, Nidrajanana – cardiogenic, sleepinducing

Amayik Prayog / Karma: Vishaghna, Raktapittashamaka, Trishnahara, Mukhashodhana, Vranaropana. Used in insanity, weakness of sight, mouth disorders. Flowers used as lactifuge to arrest milk secretion.

Matra: Root bark paste – external; Flower paste 3 - 6 g for oral use as per folk practice

Specific Formulation: Flowers crushed and applied as poultice on breast for lactifuge action. Root used as emmenagogue.

Chemical Composition: Flowers/leaves contain indole compounds, benzyl acetate, linalool, jasmones. Essential oil has (E)cinnamyl acetate 41.98%, transbergamotene 7.97%. Scent molecules include indole compounds acting on GABA receptors.

