

**Botanic name :** *Saraca asoca* (Roxb.) W.J.de Wilde-- Blumea 15(2): 393. 1968 [dt. 1967; publ. 18 Jan 1968] (IK)

**Common name :** Sita Ashok, Sorrow Less Tree, Hemapushpa

**Family :** Fabaceae (Leguminosae)- Caesalpinioideae

**Habitat :** Terrestrial

**Distribution :** Origin in India, Sri Lanka, Burma, Malaya-a rain forest tree; declared **vulnerable** (B1+2c) by **IUCN-Red List**. Immediate preservation of this tree in its natural habitats is necessary.

**Description :** An evergreen tree (15-20 m) with smooth grey-brown bark; leaves pinnately compound, paripinnate, oblong and rigidly sub-coriaceous with 6-7 leaflets; flowers polygamous, orange-scarlet clustered with a beautiful aroma; stamens 7-8 showing hairy appearance; fruits are smooth, leathery and flat pods including 6-8 seeds inside.

**Phytochemicals:** The bark is comprised of sodium, silica, magnesium, iron, calcium, aluminum and strontium, sterol (ketosterol-bark), tannins, catechol and other calcium compounds. Epicatechin, procyanidin, deoxyprocyanidin B, catechin, methyl-cholesta, ethycholesta, Dglucoside, leucopelargonidin and leucocyanidin (bark). Oleic, linoleic, palmitic and stearic acids, P-sitosterol, quercetin, kaempferol- 3-O-P-D- glucoside, quercetin- 3-O-P-D-glucoside, apigenin- 7-O-p-D-glucoside, pelargonidin- 3, 5- diglucoside, cyanidin-3, 5- diglucoside, palmitic, stearic, linolenic, linoleic, p and y sitosterols, leucocyanidin and gallic acid (flowers). Seed and Pod contains oleic, linoleic, palmitic and stearic acids, catechol, epicatechol and leucocyanidin.

**Medicinal/Economic uses :** An Indian Ayurvedic tree and the most legendary and scared in India, holding an invaluable importance in Hinduism, Buddhism, and Jainism. Astringent, absorbent, antibacterial, astringent, analgesic, anticancer, cardiac tonic, detoxifier, cooling, antidiabetic (dried flowers), anti-diarrheal, blood purifier, stomachic and urine retain; used to treat various gynecological problems of women, wound and ulcer, tumor, piles, kidney stones, joint pain, arthritis, memory disorder, thirst, burning sensation, worm infestation, poisoning and bleeding disorder, painful dysmenorrhea, leucorrhea, anemia, digestive problems like bloating, flatulence, burning sensation, etc., uterine bleeding and fibroids, regulate blood composition, and stabilize blood circulation.