

Ashoka

- **Botanical Name:** *Saraca asoca* (Roxb.) Willd.
- **Family:** Fabaceae (Leguminosae)
- **Synonyms:** Sokanasa, Vishoka, Vanjula, Madhu-pushpa, Apsoka
- **Vernacular Name:** Commonly known as "Ashoka" in Hindi, "Sorrowless Tree" in English, and "Asogam" in Tamil.
- **Classification:** A small, evergreen tree belonging to the Fabaceae family.
- **Habitat:** Native to the Indian subcontinent, including India, Sri Lanka, and Myanmar. It thrives in tropical and subtropical regions, often found in rainforests and well-drained soils.
- **Morphology:** A handsome tree, growing up to 25–30 feet in height. It has dark green, glossy leaves that are coppery-red when young. The flowers are fragrant, orange-yellow, and turn red before wilting. The fruits are flat, leathery pods containing 4–8 seeds.
- **Useful Parts:** Bark, flowers, seeds, and leaves.
- **Chemical Composition:** Contains tannins, flavonoids, glycosides, saponins, and sterols. The bark is rich in catechins and epicatechins.
- **Pharmacological Action:** Known for its astringent, anti-inflammatory, uterine tonic, and analgesic properties. It is widely used in treating menstrual disorders, uterine bleeding, and skin ailments.
- **Formulation:** Used in Ayurvedic preparations like Ashokarishta, Ashoka Ghrita, and herbal tonics for female reproductive health.

Rasa: Kasaya, Tikta

Guna: Ruksha , Laghu

Virya: Sheeta

Vipaka: Katu