

Chitrak

- **Botanical Name:** *Plumbago zeylanica* Linn.
- **Family:** Plumbaginaceae
- **Synonyms:** Anala, Dahana, Agni, Vahnisajnaka, Jyothi, Sikhi
- **Vernacular Name:** Commonly known as "Leadwort" or "Ceylon Leadwort."
- **Classification:** A perennial herbaceous plant belonging to the Plumbaginaceae family.
- **Habitat:** Native to tropical and subtropical regions, including India, Sri Lanka, and Southeast Asia. It thrives in rocky terrains, forest edges, and wastelands.
- **Morphology:** A shrub that grows up to 3-6 feet in height. It has glabrous stems, ovate or oblong leaves, and white bisexual flowers arranged in terminal and axillary spikes. The roots are light yellow when fresh and reddish-brown when dried.
- **Useful Parts:** Roots (primarily), leaves, and flowers.
- **Chemical Composition:** Contains plumbagin (a yellowish pungent substance), flavonoids, alkaloids, glycosides, and tannins.
- **Pharmacological Action:** Known for its digestive, carminative, anti-inflammatory, antimicrobial, and rejuvenative properties. It is used in treating gastrointestinal disorders, skin diseases, and respiratory issues.
- **Formulation:** Used in Ayurvedic preparations like Chitrakadi Vati, Chitrak Haritaki Avaleha, and other digestive tonics.

Rasa: Katu

Guna: Laghu , Ruksha , Tikshan

Virya: Ushna

Vipaka: Katu