

Sago Palm/ Cycas

- **Botanical Name:** *Cycas revoluta* (most commonly cultivated species)
- **Family:** Cycadaceae
- **Synonyms:** Sago Palm, King Sago, Japanese Sago Palm
- **Vernacular Name:** Commonly known as "Cycas" in English, "Sago Palm" in English, and "Madana Kaman" in some Indian languages.
- **Classification:** A gymnosperm belonging to the Cycadaceae family. It is a dioecious plant, meaning male and female reproductive structures are on separate plants.
- **Habitat:** Native to southern Japan but widely cultivated in tropical and subtropical regions. It thrives in well-drained soils and sunny locations.
- **Morphology:** A slow-growing, palm-like plant with a stout, woody trunk. The leaves are pinnate, glossy, and dark green, forming a rosette at the crown. Male plants produce cylindrical cones, while female plants bear megasporophylls with ovules.
- **Useful Parts:** Seeds, leaves, and trunk.
- **Chemical Composition:** Contains starch (sago), cycasin (a toxic glycoside), and other bioactive compounds. The seeds and other parts are toxic if not processed properly.
- **Pharmacological Action:** Known for its ornamental value rather than medicinal use. However, processed starch (sago) is used as a food source in some cultures. The plant parts are also studied for potential antimicrobial and antioxidant properties.
- **Formulation:** Primarily used as an ornamental plant. The starch extracted from the trunk is processed into sago, which is used in traditional dishes.

Rasa: Madhura

Guna: Snigdha, Guru

Virya: Sheeta

Vipaka: Madhura