

Japa

- **Botanical Name:** *Hibiscus rosa-sinensis*
- **Family:** Malvaceae
- **Synonyms:** Gudhal, Japapushpa, Rakta Pushpa, Aruna, Trisandhya
- **Vernacular Name:** Commonly known as "Hibiscus" in English, "Japa" or "Gudhal" in Hindi, and "Chembarathi" in Malayalam.
- **Classification:** A flowering shrub belonging to the Malvaceae family.
- **Habitat:** Found in tropical and subtropical regions, including India. It thrives in well-drained soils and sunny locations, often cultivated in gardens.
- **Morphology:** A shrub that grows up to 5–7 feet in height. It has ovate, alternate leaves with toothed margins. The flowers are large, trumpet-shaped, and come in various colors like red, pink, yellow, and white. The fruit is a dry, five-lobed capsule containing seeds.
- **Useful Parts:** Flowers, leaves, and roots.
- **Chemical Composition:** Contains flavonoids, anthocyanins, tannins, saponins, and essential oils. It also has cyclopropanoids and beta-sitosterol.
- **Pharmacological Action:** Known for its antioxidant, anti-inflammatory, cardioprotective, and antimicrobial properties. It is used in treating bleeding disorders, hair loss, and skin ailments. It also acts as a rejuvenative and cooling agent.
- **Formulation:** Used in Ayurvedic preparations like Japakusumadi Taila, herbal shampoos, and hair oils. The flowers are also used in teas and traditional remedies.

Rasa: Kasaya, Tikta

Guna: Laghu, Ruksha

Virya: Sheeta

Vipaka: Katu