

Ashoka – A Woman Friendly Herbal Medicine

Meera Gupta¹, Monalisa Kulshreshtha², Ajaya Eesha³

^{1,2,3}Dept of Botany

^{1,2,3} SS Jain Subodh PG Autonomous College, Jaipur

Abstract-

BOTANICAL NAME: SARACA INDICA, **HINDI=** ASHOK,

SANSKRIT= ASHOKA

PART USED : Bark, Seeds and Flowers.

HISTORICAL ASPECTS:

In the Ramayana, one of the books of Hindu mythology, there is mention of Ashoka tree.

Ashoka means "without sorrow", a reference to this bark's reputation for keeping women healthy and youthful. Buddha was said to be born under this tree.

HABITAT: Saraca Indica is grown all over India. It occurs up to the altitudes 600 metres. It is cultivated in many gardens because of its decorative orange red flowers and evergreen beautiful foliage.

I. INTRODUCTION

BOTANICAL DESCRIPTION: Leaves are narrowly lanceolate 15.25 cms long cork like at the base and with a short petiole.

Stipules are intra-petiolar and completely united. Flowers are fragrant. They are 7.5-10 cm across Calyx is yellow to orange and finally red. Its stamens are 7 to 8. The filaments are filiform.

The bark of saraca indica is distinguished by presence of wartyprotuberances on its outer surface.

BENEFITS OF ASHOKA: Its use in treatment of excessive uterine bleeding is extensive in India. The plant is used also in dysmenorrhoea and for depression in women.

ASHOKA HEALTH BENEFITS / MEDICINAL USES OF ASHOKA

It is useful in menorrhagia (scant menses), dysmenorrhoea (painful menses, menstrual cramps),

depression, bleeding hemorrhoids, uterine fibroid, considered a uterine sedative and tonic. Useful in Leucorrhoea.

PHYTOCHEMISTRY: The bark contains tannin, catechol, sterol, and organic calcium compounds.

PHARMACOLOGY: Oxytocic activity of the plant was seen in rat and human isolated uterine preparations. Estrogen-primed or gravid uterus was more sensitive to the action of the alcoholic extract.

ASHOKA SIDE EFFECTS: In the commonly used doses side effects are rare.

ASHOKA FORMULATIONS AND DOSAGE

Ashokarishta : 15 - 30 ml b.i.d. / t.i.d.

Ashokkwath : 15 - 30 ml b.i.d.

Seed powder : 1 - 3 gms b.i.d.

Flower powder : 1 - 3 gms b.i.d.

Ashokghrita : 5 gms b.i.d.

'AYURVEDIC HERBOLOGY'

Today while learning and practicing Ayurveda and alternative medicine ; the knowledge of the Healing Herbs described in Ayurveda is very important.

Learning the Herbs in Ayurvedic way is very important but in today's advanced world the updates and scientific information of the Herbs is also very useful for the treatment of a diseases.

Salient features of these E-BOOKS are –

- Solid background chapters that provide essential guidance on all Herbiology strategies and Ayurvedic treatment.
- Commanding coverage of the full spectrum of Herbs by region, filled with insights into all disease conditions.
- An indispensable, authoritative overview of all Herbs, including every mode of Ayurvedic treatment procedure.
- A practical look at Herbal Ayurvedic management, with an incisive examination of issues related to the monitoring of dosha conditions.

- Exact description of new and innovative techniques in Ayurvedic Therapy.
- Complete elaboration of All herbs.

REFERENCES

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