

ASHOKA (SARACA INDICA) IN INDIAN TRADITIONAL MEDICINE: A REVIEW

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ABSTRACT

Ashoka (Saraca Indica) plant has been known from as early as the Vedic period. It has many health benefits and has long been used in traditional Indian medicine as a key ingredient in various therapies and cures. The active constituents of the tree include tannins, sterol, catechol, aluminium, strontium, calcium, iron, magnesium, phosphate, potassium, sodium and silica. The article outlines the health benefits of the Ashoka plant in Indian medicinal perspective.

KEYWORDS: Ashoka, Traditional Medicine, Health Benefits