

Ashoka



Latin name - Saraca asoka

Family- Caesalpinioideae

Vernacular names-

Hindi name - Ashoka

Bengali name - Ashoka

Tamil name-Asogam, Asogm, Malaikkarunai, Asogu, Asokam, Sasubam

Kannada name- Aksunkar, Ashokadamara, Achenge, Kankalimara

Telugu name- Asoka, Asokapatta

Malyalam name- Asokam

Marathi name -Ashoka, Jasundi

Gujarati name-Asopllaka

Orissa name-ashoka

Kashmiri name- Ashok

Punjabi name- Ashok

Assamese name-Ashok

Classical Categorization-

CHARAK SAMHITA - KashayaSkanda,Vedanasthapan

SUSHRUT SAMHITA - Lodhradigana

VAGBHATA- RodhradiVarga

Morphology -

Ashoka is a beautiful evergreen tree about 25-30 feet in height.

Bark - Ashoka bark is smooth with transversely ridged and circular lenticels, dark green to greenish grey.

Leaves - Ashoka leaves are dark green, alternate, paripinnate compound, stipulate, large and spreading horizontally.3-6 inches long and 2.5 inches wide.

Flowers- Ashoka has fragrant,bisexual, regular flowers of orange color with 7-8 stamens in a large bunch.

Fruits- Ashoka fruits are legumes that are smooth, leathery and flat pods tapered at both ends having 6-8 seeds. About 12-20 cm long and 5 cm in width.

Seeds- Ashoka seeds are flat, about 1.5 inches long.

Distribution -

Ashoka (*Saracaasoca*) is a rain-forest tree. It is a native of Asia and South America. It is also found in the Western Ghats of the Indian subcontinent, in the center and the Eastern Himalayas and the hills of Khasi, Garo, and Lushaj. it is easily available in West Bengal, Kerala, Maharashtra, Andhra Pradesh, and Meghalaya.

Properties -

Rasa- kashya tikta

Guna- laghu -ruksha

Virya - sheeta

Vipaka- katu

Doshakarma- balance kapha and pitta

Part used: Stem bark, seeds

Stem bark is usually used in decoction (Kashayam) form.

Dosage

Kwatha (Decoction) - 40-80 ml

Bija churna (Seed powder)- 1-3 g

Puspa churna (Flower powder) - 1-3 g

Pharmacological Action

Astringent, Uterine Sedative, Pradara,

Yonivyapat, Trisna, Daha, Gulma, Visaghna,

Stambhak, Vranaropa, Hridya.

Ashoka is also famous for analgesic, styptic-hemostatic, tranquilizing, anti dyspeptic and diuretic properties.

Formulation - ashokarishta, ashokaghrita, ashokavleha, chandanadi taila, kasishadi taila, kalyankavleha, tilvakghrita.