

Ashoka / *Saraca indica*

Part consumed -

Stem, Bark, Seeds, Flowers

Form consumed -

Decoction, Dried powder

Maximum daily consumption by adults –

Decoction - 50 ml

Dried powder - 6 g

Composition

- Tannins
- Catechol
- Sitosterol
- Haematoxylin



Indications as per Ayurveda

- Anti-inflammatory
- Antipyretic
- Analgesic
- Menstrual Disorders
- Oedema

Modern Clinical Studies

- Anti-acne
- Antibacterial
- Cardio-protective
- Anti diarrhoeal