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