Madaar - Ark / Calotropis gigantea

Part consumed -
Roots, Latex, Flowers, Leaves

Form consumed -
Dried powder, Latex

Maximum daily consumption by adults –
Root Bark powder - 2 g
Latex - 0.25 - 0.75 g
Flowers - 1-3 g

Composition
• Calotropin
• Calotoxin
• Gigantin
• Giganteol

Indications as per Ayurveda
• Anti-inflammatory
• Antioxidant
• Anti-obesity
• Asthma

Modern Clinical Studies
• Antioxidant
• Antibacterial
• Antihypertensive
• Antifungal