

# Aragwadh / *Cassia fistula*

## Part consumed –

Leaf, Cassia pods Pulp, Root bark

## Form consumed -

Dried pulp, Decoction

## Maximum daily consumption by adults –

Dried pulp- 10g

Decoction of root bark 50-100 ml

## Composition

- Calcium, Iron
- Amino acids, Rhein
- Chrysophanol, Physcion
- Fistulic acid
- Flavonoids
- Alkaloid
- Glycosides
- Tannins, Saponins
- Terpenoids
- Reducing sugars
- Steroids, Essential Oil



## Indications as per Ayurveda

- Diabetes
- Hematemesis
- Leucoderma
- Pruritis
- Intestinal Disorder
- Antipyretic
- Analgesic
- Laxative

## Modern Clinical Studies

- Antipyretic
- Anti-Inflammatory
- Antioxidant
- Antidiabetic
- Hypolipidemic
- Hepato-Protective
- Antimicrobial
- Antitumor
- Antiulcer
- Laxative