

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