



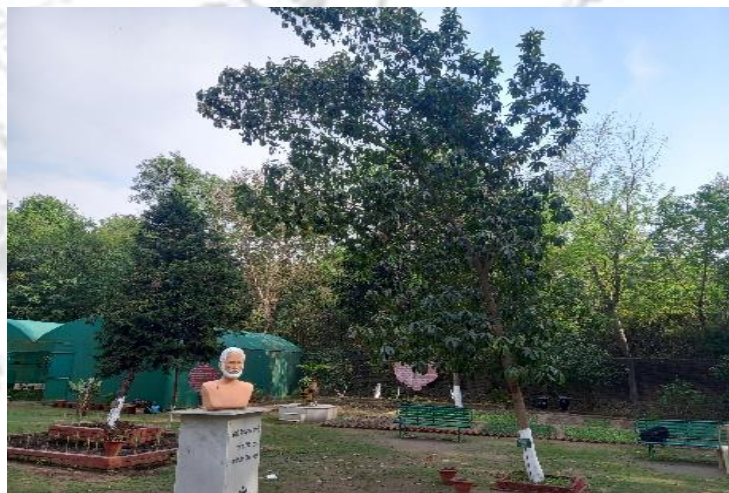
Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME *Elaeocarpus serratus* L.

COMMON NAME Rudraksh Tree

FAMILY Elaeocarpaceae



DISTRIBUTION Sri Lanka, India and Bangladesh

FUN FACT The meaning of the word "Rudraksha" is the 'Eyes of Rudra' (Shiva) and his tears (Aksha). It is spiritually meant to purify and protect the soul.

COMMON USES

1. In Ayurveda, every part of this plant has been used to cure many ailments, its leaves are an antidote to poisoning and its fruits are used to treat dysentery and diarrhoea.
2. For Nepalis, this plant has a great medicinal and religious value. The juice of its bark is used for treatment of jaundice, while its seed paste is eaten for the treatment for pneumonia and ulcers.
3. The Karbi people of Assam, harvest both ripe and unripe fruit to make pickles and chutneys from them.
4. Its fruits have abundant amounts of starch and sugar. Due to its constipating properties, it helps in treating diarrhoea.

REFERENCES

1. https://ayurwiki.org/Ayurwiki/Elaeocarpus_serratus_-_Aravata#Uses
2. <https://tropical.theferns.info/viewtropical.php?id=Elaeocarpus+serratus>