



# Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

<b>BOTANICAL NAME</b>	<i>Nyctanthes arbor-tristis</i> L.
<b>COMMON NAME</b>	Harsingar, Paarijat
<b>FAMILY</b>	Oleaceae



## **DISTRIBUTION FUN FACT**

South Asia, Thailand, India, Pakistan and Nepal

During early morning, its blooming flowers drop and the tree appears drooping and hence this tree is called “Tree of Sorrow”.

## **COMMON USES**

- 1) This plant is widely known for its anti-helminthic properties.
  - 2) It is used as a sedative and laxative.
  - 3) Its seeds are crushed and applied as a paste on hair scalp to cure hair fall.
  - 4) Its leaves are used to cure cough and fever.
  - 5) It has anti-pyretic and anti-inflammatory properties.
- However, medical supervision is a must before using it for medical purpose.

## **REFERENCES**

1. <https://pubmed.ncbi.nlm.nih.gov/23376280/#:~:text=Ethnopharmacological%20relevance%3A%20Nyctanthes%20arbor%2Dtristis,ailments%20and%20as%20a%20sedative.>
2. <https://nif.org.in/NYCTANTHES-ARBOR>
3. <https://pubmed.ncbi.nlm.nih.gov/6482481/>