



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

BOTANICAL NAME	<i>Saraca indica</i> L.
COMMON NAME	Sita, Ashok Tree
FAMILY	Leguminosae
SUB FAMILY	Caesalpinioideae



DISTRIBUTION China, India, Sri Lanka, Thailand, and Nepal.

- COMMON USES**
- 1) It works as an antioxidant.
 - 2) It has anti-breast cancer properties.
 - 3) It gives relief during muscle cramps.
 - 4) It helps in curing menstrual, urinary and gynecological problems.

However, medical supervision is a must before using it for medical purpose.

- REFERENCES**
- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4378602/#:~:text=Antioxidant%2C%20antibreast%20cancer%20activity%20and%20toxicological%20evaluation%20of%20Saraca%20indica,antioxidant%20and%20antibreast%20cancer%20activity.>
 - 2) <https://www.netmeds.com/health-library/post/ashoka-saraca-indica-uses-benefits-indications-dosage-doshas-side-effects-and-precautions#:~:text=Not%20just%20the%20bark%2C%20but,skin%20conditions%2C%20kidney%20problems%20etc.>