



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Barringtonia acutangula</i> (L.) Gaertn.
COMMON NAME	Adal, Nichul, Small Indian Oak, Itchy tree
FAMILY	Lecythidaceae



DISTRIBUTION	Pakistan, India, Bangladesh, Burma, Thailand, Vietnam, Malaya, Philippines, New Guinea and North Australia
FUN FACT	It is popularly known as Samudraphal (Indian Oak in English) in an important medicinal plant of India

COMMON USES	<ol style="list-style-type: none">1) Each and every part of this plant is used for therapeutic purpose. Powders are made from its stem, bark, root, and seeds and used for treatment of various diseases due to the presence of diverse bioactive molecules.2) This plant is used as medicine for curing various ailments like, joint pain, eye diseases, gastric diseases, cough, fever and hemiplegia, splenic disorders, leprosy.3) This plant has antitumor, antifungal, antibiotic and growth inhibition activity.
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However, medical supervision is a must before using it for medical purpose.

REFERENCES	<ol style="list-style-type: none">1. https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:591177-12. https://indiaflora-ces.iisc.ac.in/herbsheet.php?id=1364&cat=133. https://indiabiodiversity.org/observation/show/171985304. https://globalresearchonline.net/journalcontents/v23-1/33.pdf
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