



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G. INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



ARISHTAKA

Marathi:

Botanical name:

Synonyms:

Family:

Common name:

Description:

Phenil, Rinthi, Ritha

Sapindus trifoliatus

Sapindus laurifolius

Sapindaceae

South India Soapnut, three-leaf soapberry, trijugate-leaved sop-nut

South India Soapnut is a large tree, growing up to 25 m tall. Leaves are compound, 15-30 cm long. Leaflets are nearly stalkless, 2-3 pairs, 8-18 cm long, 5-7.5 cm broad, elliptic-lance-shaped, smooth, pointed tipped, base slightly oblique, terminal pair longest. Flowers are greenish-white, in terminal, slightly velvety panicles. Flower stalks are 3 mm long, velvety. Sepals are 5, slightly fused at the base, 4-5 mm long, ovate-oblong, velvety. Petals are 5, free, 5-6 mm long, lance-shaped to ovate, clawed, bristly. Disc is 5-lobed. Stamens are 8, free, filaments 2-3 mm long. Ovary is 3-locular, 3-lobed, ovoid, about 3 mm long, velvety, with 1 ovule in each locule. Fruit is 2-3 lobed, 1.3-2 cm long, velvety when young, hard and smooth when mature. Each cell has a 6-9 mm black, round seed, which is what is popular as a traditional washing soap. Flowering: November-January.

Attributes: Rasa- Tikta, katu, Veerya- Ushana, Vipaka- katu, Guna- Laghu, snigdhatikshna, Vamaka.

Medicinal uses:

- Hair Health. The natural surfactant saponin in ritha plant offers foaming properties and soapy texture which helps in clearing dirt, dust and oil in the hair.
- Promotes Skin Health.
- Heals Snake Bites.
- Respiratory Health.
- Potent Anti-Inflammatory Effects.