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Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

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DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



SHWETA ARKA

Marathi:

Botanical name:

Synonyms:

Family:

Common name:

Description -

Ruai

Calotropis gigantea

Streptocaulon cochinchinense (Lour.) G. Don, *Madorius giganteus* (L.)

Kuntze, *Periploca cochinchinensis* Lour.

Apocynaceae (Oleander family)

Crown Flower

This large shrub, which can sometimes grow large enough to look like a small tree, sports clusters of waxy flowers that are either white or lavender in color. Each flower consists of five pointed petals and a small, elegant "crown" rising from the center, which holds the stamens. The plant has oval, light green leaves and milky stem. The flowers last long, and in Thailand they are used in various floral arrangements. They were also supposed to be popular with the Hawaii queen Liliuokalani, who considered them as symbol of royalty and wore them strung into leis. In India, the plant is common in the compounds of temples. The fruit is a follicle and when dry, seed dispersal is by wind. The seeds with a parachute of hairs, is a delight for small children, who like to blow it and watch it float in the air. This plant plays host to a variety of insects and butterflies.

Attributes:

Rasa- Katu, Tikta, Veerya- Ushna, Vipak- Katu, Guna-laghu. Ruksha

Medicinal uses:

Calotropis has a particular chemical substance that might help in thinning of mucous. It will help you to cough and remove mucus easily from your body. In some animal studies, Aak has helped to treat pain, inflammation, bacteria, fever, and ulcers caused by alcohol. It also acts like aspirin and indomethacin.

Aak is an effective medicine that is used for digestive disorders including diarrhea, constipation, and stomach ulcers. It treats toothache, cramps, and joint pain. Some people use Aak to treat syphilis, boils, inflammation, muscular spasm, epilepsy, hysteria, warts, leprosy, gout, snakebites, and cancer. It is also used as an inhalation therapy, that is, aak bark smoke is inhaled to get relief from coughs, asthma, and to cause sweating. It cures parasitic infections including elephantiasis and worms.