



**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



VAATAM

Marathi:

Botanical name:

Synonyms:

Family:

Common name:

Description:

Jangalibadam

Terminaliacatappa

Combretaceae (Rangoon creeper family)

Indian Almond

It is spreading tree with large, leathery, oval leaves which turn red before they fall. The tree has a distinctive shape, its horizontal branches growing in wide spreading circles at different levels on the trunk. The greenish - white female - and male flowers are on the same tree; these flowers are inconspicuous and not very showy. The pale green fruit is the size and shape of an almond in its shell. Some varieties become reddish-purple when ripe. The nuts are edible, taste like almonds and are eaten. A highly ornamental tree, much planted in avenues and gardens. Flowering: February-May.

Attributes :

Ras – Madhur Vipak – Madhur Virya - Ushna Guna – Snigdha, Guru

Medicinal uses:

Various parts of the tree, such as the leaves and fruit, contain tannins and are astringent. The leaves, crushed with Dacrydium elatum and rhizomes of Cyperus rotundus, are combined to treat dysentery. The red leaves act as a vermifuge, while the sap of young leaves, cooked with oil from the kernel, is used to treat leprosy. The juice of the leaves is ingested for coughs. An infusion of the leaves is used to treat jaundice. The leaves are used to treat indigestion. The young leaves are used to cure headaches and colic. Externally, the leaves may be rubbed on breasts to cure pain or, when heated, may be applied to numb parts of the body. They may be used as a dressing for swollen rheumatic joints. The leaves, applied to the head and sides, are refreshing and sudorific. Leaves, bark and fruit are used to treat yaws. The bark and root bark are useful for bilious fever, diarrhoea, thrush, and as a remedy for sores and abscesses. The fluid from the bark is used to treat diabetes and as a tonic. An infusion of the bark is used to treat stomach ache and also as an emetic for infants. Externally, the bark is used to treat sores, pimples and fungal skin diseases. The kernel of the fruit mixed with beeswax stops putrid exudation and bloody faeces. It is recommended as a mild laxative and a galactagogue for women, but too frequent use causes diarrhoea.