



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

ASOKA



Latin name: *Saraca asoka/ Saraca indica*

Family: Caesalpinaceae

Regional names: અશોક (Gujarati), अशोक (Hindi)

Morphology: A small evergreen tree, bark is dark brown to grey. Leaves: oblong-lanceolate.

Flowers: Red, fragrant in dense axillary corymbs. Pods are black. Seeds :4-8

Synonyms: Tamrapallava, Kankeli, Gandhapushpa, Hemapushpa, Pindapushpa, Madhupushpa, Stripriya

Rasa Panchaka:

Rasa: Kashaya, Tikta

Guna: Laghu, Ruksha

Virya: Sheeta

Vipaka: Katu

Karma: Kapha-Pittahara, Hrudya

Useful parts: Bark

Indications: Asrugdara, Apachi, Daha, Raktadosha, Shotha

Dosage: 20-30g for the decoction

Formulations: Ashokarishta, Ashoka ghruta