



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

SIMSHAPA



Latin name: *Dalbergia sissoo*

Family: Fabaceae

Regional names: શીસમ (Gujarati), शीशम (Hindi)

Morphology: A 18 mtrs high. Leaves: alternate, Compound, imparipinnate, leaf rachis is zig-zag with largest terminal leaf. Flowers: Sessile, Pale yellow, Axillary panicles. Fruit: Pod, 4 to 10 cm. long, narrowed at base.

Synonyms: Simshapa, Krishnasara, Vruttapatra, Mandalapatrika, Bhasmagarbha, Guru.

Rasa Panchaka:

Rasa: Kashaya, Katu, Tikta

Guna: Laghu, Ruksha

Virya: Ushna

Vipaka: Katu

Karma: Kapha - Vata shamaka, Medohara, Kusthahara, Krimighna, Dahahara.

Useful parts: Patra, Sara, Tvak, Moola

Indications: Netraroga, Jvara, Pandu, Gradhrasi.

Dosage: Kwatha – 20-30 ml., Churna – 3-6 gm.

Formulations: Mahakhadira ghruta, Ayaskriti