

## Indian laburnum/ Amaltaas

**Botanical Name:** *Cassia fistula*

**Common Name:** Golden shower tree

**Family:** Fabaceae

**Hindi Name:** अमलतास

**Part Used:** Fruit

*Cassia fistula*, commonly known as golden shower is a flowering plant in the family Fabaceae. The species is native to the Indian subcontinent and adjacent regions of Southeast Asia, from southern Pakistan through India and Sri Lanka to Bangladesh, Myanmar and Thailand. It is a popular ornamental plant and is also used in herbal medicine. The golden shower tree is a medium-sized tree, growing to 10–20 m tall with fast growth. The leaves are deciduous, and pinnate with three to eight pairs of leaflets. The flowers are produced in pendulous racemes with five yellow petals of equal size and shape. The fruit is a legume, with a pungent odor and containing several seeds. *Cassia fistula* is a multipurpose tree. *Cassia fistula* provides fuel and good quality charcoal, as well as a hard and heavy timber suited to make furniture, farm implements, posts, wheels and mortars. The bark yields tannins and dyestuff. The flowers of the golden shower tree are sometimes eaten by people. The leaves have also been used to supplement the diets of cattle, sheep, and goats fed with low-quality forages. A paste of the flowers is used as an ointment for pimples

Amaltas, has a variety of medicinal uses including treatment for skin conditions, fever, jaundice, diabetes, and intestinal issues. It's also known for its laxative properties, making it a helpful natural remedy for constipation. The concentrated liqure of riped fruit taken orally in treatment of asthma, bronchitis, other respiratory problems, constipation blood purification. The riped fruits are also used as purgative.