

Pride of India/ Flaash rajni

Botanical Name: *Lagerstroemia speciosa*

Family: Lythraceae

Common Name: Jarul

Hindi Name: फूलों की रानी

Part Used: leaves, bark, flowers, roots, and seeds

Lagerstroemia speciosa is a small to medium-sized to large tree growing to 15 metres (49 ft) tall, with an attractive symmetrical crown having a short bole or trunk with smooth, flaky light grey or cream-coloured bark.[2] The leaves are simple, deciduous, oval to elliptic with stout petiole, 8–15 cm (3.1–5.9 in) long and 3–7 cm (1.2–2.8 in) broad, with an acute apex. The flowers are produced in erect panicles 20–40 cm (7.9–15.7 in) long, each flower with six white to purple petals 2–3.5 cm (0.79–1.38 in) long. The "Pride of India" refers to several things, including a tree (*Lagerstroemia speciosa*), also known as Queen's Crape Myrtle) and a sense of national pride in India. The tree, scientifically known as *Lagerstroemia speciosa*, is a beautiful tropical tree native to Southeast Asia, including India, known for its vibrant, showy flowers. It also plays a significant role in the ecosystem, acting as a natural air purifier and contributing to carbon sequestration. Nationally, "Pride of India" can refer to the Indian flag, a symbol of national pride and unity, and the rich cultural heritage and achievements of the country. *Lagerstroemia speciosa*, commonly known as Banaba or Crepe Myrtle, is a plant with numerous traditional medicinal uses, particularly for diabetes, Urinary dysfunction, fevers, constipation, sexual debility, digestive, obesity, liver disorders, dysuria, inflammation, ulcer, digestive disorders, and blood sugar control. Its leaves are used in traditional medicine for conditions like prediabetes, diabetes, and weight loss. The plant also boasts other potential benefits, including anti-inflammatory, antioxidant, and antimicrobial properties.