

## Poplar

**Botanical Name:** *Populus Tremula*

**Common Name:** Bhoop

**Hindi Name:** पोपलर

**Part Used:** Bark, leaves, wood

*Populus Tremula* tree is a substantial deciduous tree growing to 40 metres (130 ft) tall by 10 m (33 ft) broad, with a trunk attaining over 1 metre (3 ft 3 in) in diameter. *P. tremuloides* is a medium-sized tree, rarely growing over 35 m, with a d.b.h. of 100 cm and a short, rounded crown. *Populus Tremula* trees are important for their rapid growth, wood quality, and environmental benefits. Historically, they have been used for timber, medicinal purposes, and symbolic representations. Their fast growth makes them valuable for bioenergy and reforestation projects, while their wood is used in construction, furniture, and paper production. They play a vital role in soil stabilization, wildlife habitat, and water conservation, while also offering a range of valuable wood products and being used in phytoremediation. Poplar wood has various uses: veneer for the manufacture of plywood and light packing; sawn wood for furniture and construction, paper-making, and particle board. Poplar is used as an ingredient in herbal cough medicines. It is also used to loosen chest congestion and as a stimulant. Some people apply poplar directly to the skin for sores, bruises, cuts, pimples, external hemorrhoids, frostbite, and sunburn. The buds of the tree are rich in a resin that contains salicin, a compound similar to aspirin, which contributes to its anti-inflammatory and analgesic effects. The extract from the poplar tree has been used to treat various ailments, including skin irritations, wounds, and respiratory issues.