

Cotton tree

Botanical Name: *Bombax ceiba*

Family: Malvaceae

Common Name: Malabar silk-cotton tree or Red silk-cotton tree

Hindi Name: सेमल

Part Used: Flowers, Young root, Gum, Leaves, Shoots, and Bark

Bombax ceiba grows to an average of 20 meters, with old trees up to 60 meters in wet tropical regions. The trunk and limb bear numerous conical spines particularly when young, but get eroded when older. The leaves are palmate with about 6 leaflets radiating from a central point (tip of petiole), an average of 7–10 centimeters wide, 13–15 centimeters in length. The plant is a shrub native to tropical and subtropical regions around the world, including the Americas, Africa, Egypt and India. The greatest diversity of wild cotton species is found in Mexico, followed by Australia and Africa. Cotton was independently domesticated in the Old and New Worlds. The main use is for producing textiles, used in clothing, bedding, and various industrial fabrics. Additionally, cotton seeds yield oil used in food and cosmetics, and cottonseed meal is used as animal feed. The cotton plant's fiber (or lint) is the most important part, used to make cotton cloth and other textiles. The seeds, linters (short fuzz around the seeds), and other parts are also valuable for a variety of purposes, including food, feed, oil production, and various industrial products. Cotton Fruits is used in Boosts Immunity: Vitamin C content in santol helps strengthen the immune system, making the body more resilient to infections and illnesses. Improves Digestive Health: Santol contains dietary fiber, which aids in digestion and helps prevent constipation. Cotton is used for nausea, fever, headache, diarrhea, dysentery, nerve pain, and bleeding. Women use cotton for menstrual disorders and symptoms of menopause.