

Mahua

Botanical Name: *Madhuca longifolia*

Family: Sapotaceae

Common Name: Mahwa or Iluppai

Hindi Name: महुआ

Part Used: Flowers, Fruits, and Leaves

Madhuca longifolia is a medium-sized deciduous tree, which grows to a height of 16-20 m. It has a short, stout trunk, 80 cm in diameter. The crown is rounded with multiple branches. The bark is grey, vertically cracked and wrinkled, exfoliating in thin scales. The leaves are alternate and clustered at the end of branchlets. The leaf blade is simple, 10-25 cm long x 6-12 cm broad, oblong-shaped, rigid, thick and firm, woolly at the lower face and exuding a milky sap when broken. Young leaves are pinkish or reddish-brown. Mahua, scientifically known as *Madhuca longifolia*, is native to India, Sri Lanka, Nepal, and Myanmar. It is a frost-resistant tree that thrives in dry tropical and subtropical forests, typically found in areas with warm temperatures. In India, it's particularly common in the central, southern, and northern regions, including the plains and forests. In India, Mahua is abundant in states like Madhya Pradesh, Chhattisgarh, Jharkhand, Odisha, and Bihar. The Mahua tree is medium sized to large deciduous tree, usually with a short bole and a large rounded crown. Mahua flower are used as a food as well as used as an exchanger in tribal and rural areas. It is also used by wild animals as food. Mahua seeds are rich in edible oil so they have economic importance. Mahua is also used in medicine for its hepatoprotective, anti burn, anti-skin disease and wound healing, emollient, bone healing, swelling gum, anti-ulcer, anti-snake bite, milk production stimulation in lactating women, anti-bronchitis, anti-diabetic, diuretic, immune system stimulating.

