

## Babul/ Kikkar

**Botanical Name:** *Acacia nilotica*

**Family:** Mimosaceae

**Common Name:** Babul

**Hindi Name:** बबूल या कीकर

**Part Used:** bark, root, gum, leaves, pods, seeds.

*Acacia nilotica* or *Vachellia nilotica* is a tree 5–20 m high with a dense spheric crown. Flowers in globulous heads 1.2–1.5 cm in diameter of a bright golden-yellow color, set up either axillary or whorly on peduncles 2–3 cm long located at the end of the branches. The babul tree, scientifically known as *Acacia nilotica*, is native to Africa, the Arabian Peninsula, and the Indian subcontinent. It's a common sight in tropical and subtropical regions worldwide. The babul tree (*Acacia arabica*) is common in the Indus River valley, as are many species of fruit trees. The country's forest cover is naturally sparse, but it has been diminished further by excessive timber cutting and overgrazing. Babool is a great source of vital nutrients, [vitamins and minerals](#). The treasure trove of nutrients in babool includes iron, manganese, protein, zinc and essential amino acids, including valine, histidine, isoleucine, threonine, lysine and leucine. The bark and pod of babool are rich in tannin and polyphenolic compounds. The bark, gum, leaves, seeds and pods of the babool tree possess potent medicinal properties—antibacterial, antihistaminic, anti-inflammatory, astringent and hemostatic. The Babool tree is valuable in treating kapha and pitta; the gum pacifies vata and pitta and treats urinary problems such as UTI, pain and bleeding of the uterus. Babool for oral health is widely used in the manufacturing of toothpaste, which ensures healthy gums and teeth. *Acacia arabica* promotes oral care and also battles against dental caries and gum diseases associated with heart disease. The pod and peel of babool are burnt to ash and this is used to brush teeth and treats toothache. The concentrated liqure of bark prescribed to treat diarrhoea, dysentery, wounds, bronchitis, gastritis and also beneficial to improve immunity.