

## Sissoo/ Sheesam

**Botanical Name:** *Delbergia sissoo*

**Family:** Papilionaceae

**Common Name:** Shisham

**Hindi Name:** शीशम

**Part Used:** Bark, Wood, Leaves, and Seeds

*Delbergia sissoo* grow up to 25 m (82 ft) in height and 2 to 3 m (6 ft 7 in to 9 ft 10 in) in diameter, but is usually smaller. Trunks are often crooked when grown in the open. Leaves are leathery, alternate, pinnately compound, and about 15 cm (5.9 in) long. Flowers are whitish to pink, fragrant, nearly sessile, up to 1.5 cm (0.59 in) long, and in dense clusters 5 to 10 cm (2.0 to 3.9 in) in length. Pods are oblong, flat, thin, strap-like, 4 to 8 cm (1.6 to 3.1 in) long, 1 cm (0.39 in) wide, and light brown. They contain one to five flat, bean-shaped seeds, 8 to 10 mm (0.31 to 0.39 in) long. *Dalbergia sissoo*, known commonly as North Indian rosewood or shisham, is a fast-growing, hardy, deciduous rosewood tree native to the Indian subcontinent and southern Iran. *Dalbergia sissoo*, also known as Indian Rosewood or Sheesham, is native to the Indian subcontinent and southern Iran. It is primarily found in the foothills of the Himalayas, ranging from Afghanistan to Bihar in India. It thrives along riverbanks and in alluvial soils. Sheesham trees are important for their ecological, economic, and cultural significance. They help prevent soil erosion, improve soil fertility, and provide food and shelter for wildlife. Sheesham wood is also valued for its durability, strength, and resistance to termites, making it a popular choice for furniture, musical instruments, and other applications. The Sheesham tree (*Dalbergia sissoo*) has a variety of medicinal uses in traditional Ayurvedic and folk medicine. Its leaves, bark, wood, and roots are used to treat conditions like skin ailments, eye diseases, stomach problems, fever, and blood disorders. It is used for curing body irritation, stomach irritation, eye diseases, fever, ulcers, anemia, and other health issues. It also helps with excessive bleeding in menstrual cycles.