

Sorrow-less/ Ashok tree

Botanical Name: *Saraca ashoka*

Common Name: Sita Ashok

Family: Fabaceae

Hindi Name: अशोक

Part Used: Bud, bark, leaves, Root, Flower

It is commonly called Sita Ashok and belongs to family Fabaceae. It is a native of southern India and Sri Lanka. *Saraca ashoka* is an evergreen shrub or small tree with a dense, spreading crown of horizontal branches; it can grow up to 10 metres tall. The bole can be 10cm in diameter. The tree is an important herbal medicine in Ayurveda, being used on its own and in a range of formulations, The bark is harvested from the wild in large quantities and sold in local markets. *Saraca ashoka* is one of the most important sacred trees in India, both among Hindus and Buddhists, the handsome flowers being commonly used as temple decorations. The tree is commonly grown as an ornamental. This small tree has become threatened in some parts of its range mainly through the loss of its habitat and overexploitation for medicinal use. It is classified as 'Vulnerable' in the IUCN Red List of Threatened Species.

The margins of the leaves are wavy and lanceolate. Leaves turn coppery brown to light green and dark green on maturity. The flowers are pale green and star like. The fruits are borne in groups and are eaten by birds and bats. It is grown as an ornamental tree in gardens and parks. The wood of the plant is used in manufacturing of pencils, boxes and matchsticks.

The ashoka tree (*Saraca ashoka*) is a medicinal plant with a history of use in traditional medicine, particularly in India. Its bark, leaves, and flowers have been utilized to address various ailments, especially those related to women's health, menstrual disorders, and digestive issues. The tree is also known for its astringent and styptic properties, aiding in the control of internal bleeding and promoting wound healing.