

Chir pine/ Chir

Botanical Name: *Pinus roxburghii*

Family: Pinaceae

Common Name: Chir

Hindi Name: चीड़

Part Used: Bark, needles, cones, and seeds

Pinus roxburghii is a large tree reaching 30–50 metres (98–164 feet) with a trunk diameter of up to 2 m (exceptionally 3 m (10 ft)). The bark is red-brown, thick and deeply fissured at the base of the trunk, thinner and flaky in the upper crown. Chir pine (*Pinus roxburghii*) is native to the Himalayan region, specifically the mountainous areas of Bhutan, North India, Kashmir, Nepal, Pakistan, Sikkim, and the southern part of Tibet. It grows at elevations ranging from 600 to 2300 meters. Chir pine (*Pinus roxburghii*) has various nutritional and medicinal benefits. Its seeds are edible and rich in fats and proteins, making them a valuable food source. Additionally, chir pine resin and needles have been traditionally used in Ayurvedic medicine for respiratory health, anti-inflammatory properties, and wound healing. Chir is quintessential in the treatment and management of respiratory issues like [cough](#), cold, [asthma](#), osteoarthritis, gastrointestinal problems, skin infections and other wounds and burns. It also thins and loosens the rheum particles within the chest and nasal cavities and hence eases breathing and helps the body to get rid of mucus. It is also beneficial in treating bronchitis and asthmatic conditions. Powder of the bark or the cold infusion prepared using the bark of the plant is used to treat cough and asthma. Chir resin or Chir oil application reduces joint pain and inflammation due to its anti-inflammatory and analgesic properties. Chir pine resin is also useful for skin. Topical application of Chir pine (Sarala) helps in the formation of new skin cells and promotes wound healing. It also reduces the risk of infection at wounds due to its antimicrobial property.

