

Cycus

Botanical Name: *Cycus revoluta*

Family: Cycadaceae

Common Name: Sago palm

Hindi Name: साइकस

Part Used: Leaves, seeds, pith

Cycus revolute is very symmetrical plant supports a crown of shiny, dark green leaves on a thick shaggy trunk that is typically about 20 cm (7.9 in) in diameter, sometimes wider. The trunk is very low to subterranean in young plants, but lengthens above ground with age. It can grow into very old specimens with 6–7 m (over 20 feet) of trunk; however, the plant is very slow-growing and requires about 50–100 years to achieve this height. The genus *Cycas* is native to tropical and subtropical areas of the Old World, specifically parts of Asia, eastern Africa, and Oceania. Within Asia, *Cycas* species are found from India and Sri Lanka in the west, through China to Japan in the northeast, and through Southeast Asia to Indonesia in the south. In Africa, only one species, *Cycas thouarsii*, is native, restricted to eastern Africa and nearby islands. Cycads, specifically *Cycas revoluta* (Sago palm), have a history of medicinal uses in traditional medicine, including treatments for various ailments like high blood pressure, headaches, rheumatism, and bone pain. Some cultures use them for gastrointestinal disorders, and some even traditionally use cycads for cancer treatment, though scientific evidence for this is lacking. Additionally, cycads are known for their astringent and diuretic properties, with the terminal shoots being used for these purposes. It is used in treatment of cancer, hepatoma. However, the ultimate shoot is astringent and diuretic in function. The seed is emmenagogue, expectorant, tonic. It is also used as edible sago starch from pith.

