

## Sandal

**Botanical Name:** *Santalum album*

**Family:** Santalaceae

**Common Name:** Indian Sandalwood or White Sandalwood

**Hindi Name:** चंदन

**Part Used:** Wood, oil, fruit

Sandalwood trees are native to various locations, with the most prized species, *Santalum album* (Indian sandalwood), primarily found in southern India, particularly in the states of Karnataka, Tamil Nadu, and Andhra Pradesh. Other sandalwood species are native to regions like China, Indonesia, Australia, and the Philippines. *Santalum album* is a small evergreen tree that grows to 4 m in Australia, but in India it is much larger and can grow to a height of 20 m; girth of up to 2.4 m, with slender drooping branchlets. Bark is tight, dark brown, reddish, dark grey or nearly black, smooth in young trees, rough with deep vertical cracks in older trees, red inside. Leaves thin, usually opposite, ovate or ovate elliptical, 3-8 x 3-5 cm, glabrous and shining green above, glaucous and slightly paler beneath; tip rounded or pointed; stalk grooved, 5-15 cm long; venation noticeably reticulate. Flowers purplish-brown, small, straw coloured, reddish, green or violet, about 4-6 mm long and Fruit a globose, fleshy drupe; red, purple to black when ripe, about 1 cm in diameter Sandalwood's nutritional value, especially Red Sandalwood, is high in certain minerals and vitamins. Red Sandalwood contains calcium, protein, iron, riboflavin, niacin, and phosphorus, among other nutrients. Sandalwood also has high levels of potassium and sodium, and low levels of zinc. Sandalwood has numerous medicinal uses, including treating skin conditions, calming the nervous system, and aiding digestion. It's known for its anti-inflammatory, antiseptic, and cooling properties, and has been used in traditional medicine systems like Ayurveda. Sandalwood oil, with its active ingredient alpha-santalol, is particularly valuable for its potential to inhibit bacteria and yeast, as well as its ability to soothe skin and promote relaxation. The wood is aromatic in nature, and astringent that cools the body, calms the mind, and relieves spasms. It is useful in various religious issues. The oil used in genitourinary disorders, fever, sunstroke, digestive problems stomachache, and cosmetics.