

SARACA INDICA

(Jonosia Asoka)

Common Name	:	Hindi	:	Ashok
		Sanskrit	:	Asoka, Kankeli
		Uriya	:	Asoka
Family	:	Leguminosae		
Botanical Name	:	Saraca indica Linn.		

Introduction

Saraca indica Linn is an indigenous plant commonly known as *Jonosia asoka* or *Ashok* in Hindi. The term *Asoka* be literally translated it will mean the 'remover of all ailments'. The *rishis* of ancient times have written the following about this plant:

"Whoever (a female) after having an ablution, with a pure body and mind, take eight new buds of asoka on the festive day fixed and recommended, get ride of all ailments proceeding from menstrual disorders and the despondency of such woman from sterility soon disappears as her craving for motherhood is generally fulfilled". It claimed that it cure for all sorts of female complaints like ordinary leucorrhoea or leucorrhoea mixed with blood and menstrual disorders etc.

Dr. D.N.Ray of Calcutta conducted fragmentary proving in 1919. During Clinical verification, confirmed the following symptoms.

Description

A tree 7-10 meter high; branches glabrous. Leaves 15-25 cm. Long; rachis glabrous, petioles very short; stipules intra-petiolar completely united, scarious ovate, oblong obtuse, parallel nerved. Leaflets 4-6 pairs, 10-20 by 1-3 cm. Oblong, lanceolate, obtuse or acute, quite glabrous, base rounded or cuneate, slightly oblique. Flowers fragrant, numerous, in dense axillary corymbs 7 -10 cm. across. Seeds 4-8 ellipsoid-oblong, 4 cm. long, slightly compressed. Bark externally yellowish to greenish smooth with circular lenticels and transversely ridged, sometimes cracked; internally reddish brown with fine longitudinal strands and fibers.

Distribution

Found in evergreen forests of India.

Part Used Bark.

Clinically Verified Symptoms

Name of Drug : Saraca indicia

Potency : Q, 6, 30, 200

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
Mind	Absent minded	4,7	60	40
Vertigo	Vertigo, >open air (Darkness before the eyes)	7,9	273	162
		-	6	6

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
	Vertigo (with tendency to fall <evening)	4,7,9	3	3
	(<standing)	-	4	4
Head	(Headache with giddiness)	-	23	23
	Frontal headache	4,7,9	584	383
	> open air	7,	258	138
	Headache	4,7	50	25
	Headache on temples with heaviness (>rest)	4,7	16	11
	Unilateral headache due to scanty menses > free flow of blood, with nausea & anorexia	4,7	141	128 ✓
	Headache netter after menses	4,7	12	12
	Unilateral headache with nausea and loss of appetite	7	46	45 ✓
Eyes	Conjunctiva – red, burning sensation & Lachrymation conjunctivitis	4,7	90	56
	Stye upper eyelid - painful	7	121	77
	(Lower eyelid)	-	4	4
Ear	Pain in ears after cold	4,7	134	97
Nose	Profuse watery discharge from both nostrils	4,7,9	389	246
	(Itching in nostrils)	-	28	28
	Thin watery discharge & blockage of nostrils, heaviness of head (nervousness), loss of smell	4,7,9	43	39 ✓
	Coryza (with itching of nostrils)	4	49	28
	Coryza with thin nasal discharge with sneezing with headache, (thirstless)	4	81	77 ✓
Throat	Tonsils (swollen), redness	4,7	13	11
	Tonsillitis	4,7	4	4
Mouth	Bleeding gums – (pus like discharge, offensive breath)	4,7	1	1
	Dryness of mouth with excessive thirst	4,7,9	59	24
Stomach	Loss of appetite	4,7	228	132
	Desire for sour food	4,7	8	8
	Pain in epigastrium	4,7	2	1
Abdomen	Flatulence	7	437	274
	- With colicky pain	7	27	27
	- With distension of abdomen after eating	4,7	316	206
	- With heaviness of abdomen	7	34	23
	(with Dyspnoea <ascending)	-	1	1
	(with acidity & sour eructation <empty stomach)	-	1	1
	(Pain-aching & stitching in right hypochondrium <walking, ascending, sitting for long time)	-	1	1
	(Soreness in liver region)	-	22	22

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
Rectum	Pain in lower abdomen <during menses	4,7	29	16
	Constipation – stool – hard	4,7	645	418
	Passing in every 3-4th day	4	11	7
	Bleeding piles with bright (red) blood	4,7	458	328
	Piles blind with itching	4,7	59	37
Genitalia Male	(<fatty, fried food)	-	2	2
	Swelling of testicles with drawing pain in spermatic cord	4,7	117	89
Genitalia Female	(Left testicle)- painful	4,7	5	5
	Seminal discharge with amorous dream <night	4,7	5	4
	Leucorrhoea (Thin) or Thick, Whitish discharge	9	977	635
	- with backache	9	373	166
	(<before & after menses)	-	171	171
	Irregular menstruation	4,7	512	361
	Menses painful, & irregular	4,7,9	169	140
	- profuse	4,7,9	13	6
	- painful	4,7,9	10	8
	- early	4,7,9	15	7
	- scanty with clots	4,7,9	9	4
	Menses profuse & bright red	4	32	13
	- Too late	4	34	25
	- Scanty with pain	4,7	95	52
	Infantile leucorrhoea	4,7	4	2
Amenorrhoea	4,7	167	158	
Respiratory System	Cough (dry) (<morning)	4,7	84	53
	- (<night)	-	4	4
	- (<inside the room, >open air)	-	4	4
Chest	Cough (with expectoration thick white)	4,7	30	14
	Palpitation of heart	4,7	124	68
Back	Backache	4,7,9	360	186
	Pain – back, (in lumber region)	4	31	18
	Pain in lumbo-sacral region (<walking, during menses, >rest)	4,7,9	66	35
	Pain at nap of neck (<stooping)	7	2	2
	Pain calf muscles (<walking)	9	93	50
Extremities	Leg pain (with swelling <night) with weakness & numbness of limbs	7	5	5
	(Pain in knee joints <movement)	-	3	3

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
Fever	Fever with chill and (body ache) with thirstlessness	4,7	312	182
	(< morning & evening)	-	123	123 ✓
	Fever with (headache & body ache)	7	7	5
	Fever with running of nose	4,7	10	8
Sleep	Disturbed sleep with dreams of traveling	7	5	4
General	Likes open air and it relieves the complaints	4,7	49	31

Note:- Additional symptoms (which are not present in literature) are in brackets & bold.

Additional Symptoms	No. of Patients Relieved
Darkness before the eyes	6
Vertigo <standing	4
Headache with giddiness	23
Stye- lower eyelid	4
Itching in nostrils	28
Flatulence with dyspnoea <ascending	1
- with acidity & sour eructation <empty stomach	1
Pain- aching & stitching in right hypochondrium <walking, ascending, sitting for long time	1
Soreness in liver region	22
Pile <fatty, fried food	2
Leucorrhoea <before & after menses	171
Cough dry <night	4
- <inside the room, >open air	4
Pain in knee joints <movement	3
Fever with chill < morning & evening	123

Discussion

This medicine has found effective not only on female genitalia but on other parts of body like mind, vertigo, head, eyes, ear, nose, stomach, abdomen, rectum, male genitalia, respiratory system. chest, back, extremities, fever etc.

It is very good medicine for absent mind, Vertigo > in open air, frontal headache > in open air, conjunctiva, stye, pain in ear after cold, coryza with thin nasal discharge with headache, tonsillitis, loss of appetite, flatulence, constipation dry hard stool, bleeding piles, swelling of testacies with drawing pain in spermatic cord, leucorrhoea before and after menses, infantile leucorrhoea, irregular menses, amenorrhoea, dry cough <morning, palpitation, backache, pain in calf muscles, fever with chill with thirstless, likes open air & open air relives the complaints.