

# MEDICINAL PLANTS

## 22. APTA



Scientific Name- Bauhinia Racemosa

Apta is a small fibrous tree and has leaves with two lobes and has small white flowers. Several species of Bauhinia in India and often the more commonly occurring Kanchan which has pink flowers gets mistaken for the Apta. In many communities of central India, there is a ritual of exchanging the leaves of the Apta as a symbol of gold during Dasara.

### MEDICINAL USES-

- Apta leaves contain innumerable medicinal properties and is used in Ayurveda for the treatment of skin - disorder.
- It helps fight asthma
- It helps fight diabetes
- The extract improves the lipid profile by decreasing the levels of serum triglycerides, total cholesterol, LDL and increasing HDL cholesterol.
- It also contains antiviral, antifungal and anti - bacterial properties and as such this may be used for blood- purification, in fever of Malaria, reduction of pains in the body parts and for boils and pimples appearing on the body.

## 23. CHIKOO (SAPODILLA)



Scientific Name- *Manilkara zapota*

Sapodilla composes of soft, easily digestible pulp made of simple sugars like fructose and sucrose. Today, its cultivation has spread across the tropical belt from its native habitat and successfully grown as far as India, Sri Lanka, Indonesia, and Malaysia as a major commercial crop.

### **MEDICINAL USES-**

- Sapodilla is one of the high-calorie fruits like bananas.
- The fruit is rich in antioxidant polyphenolic compound tannin. Tannins are a composite family of naturally occurring polyphenols.
- Sapote contains a good amount of antioxidant vitamins like vitamin-C • possess astringent properties and shown to have anti-inflammatory, antiviral, antibacterial, and anti-parasitic effects. Hence, these compounds may found useful applications in traditional medicines as antidiarrheal, hemostatic (stops bleeding), and as a remedy for hemorrhoids.
- Fresh ripe sapodilla is a good source of minerals like potassium, copper, iron, and vitamins like folate, niacin, and pantothenic acid.