

Tree Name : Ashoka



Scientific Name : *Saraca asoca*

- Ashoka is a 22-30 foot tall, evergreen tree with beautiful flowers that are native to India, Myanmar & Sri Lanka.
- The glossy, green leaves of this rainforest tree are coppery-red at first, then become green & eventually deep green as they mature.
- Orange-yellow, scented flowers on this magnificent tree progressively turn crimson after getting drooping.
- Ashoka tree, one of India's sacred plants, is known as the "grief-less tree" because it is believed to lessen all sorrow and provide good fortune to its owner.

Uses :

- Aid in treating acne
→ you may make a thick decoction by boiling the bark of the Ashoka tree, then after it cools, apply mustard oil. When used on boils and pimples, this remedy has a very positive result.

- A herb for gynaecological issues
 - The Ashoka tree's herb can relax the Uterine muscles & endometrium, relieving cramping in the stomach and other spasms.
- Ashoka tree bark improves intelligence.
 - Ashoka tree products should be regularly consumed to increase intelligence. We must combine it's bark and brahmi powder in equal parts.
- Ashoka plant prevents internal blood loss
 - To stop internal bleeding, you can ingest a few drops of water diluted with crushed Ashoka plant blossoms.
 - Ashoka flowers ~~protect~~ protect against hemorrhagic dysentery.

Requisites for growing it.

- For healthy growth, the Ashoka plant needs medium to deep, rich soils that are slightly acidic to neutral and well drained.
- The Ashoka plant thrives in tropical and subtropical environments.
- During the rainy season, the seedlings can be planted in a well-manured field.

Tree Name : Hibiscus



Scientific Name : *Hibiscus rosa-sinensis*

Uses

- Tea made with Hibiscus flowers is served as both cold and hot beverages in many countries. The beverage is full of flavour, tangy and coloured.
- The seed is full of proteins and antioxidants and is consumed after meals or as an alternative to coffee.
- The oil extracted from Hibiscus seeds is used in cooking.
- The flowers of Hibiscus also find a great deal of usage in Indian Ayurveda.

Some Hibiscus species

- *Hibiscus rosa-sinensis* (China rose)
 - *Hibiscus moscheutos* (Rose mallow)
 - *Hibiscus denudatus* (Rock Hibiscus)
 - *Hibiscus trionum* (Flower of an hour)
 - *Hibiscus sabdariffa* (Roselle)
- Native range : Tropical Asia, China

Tree Name : Banyan Tree

Scientific name : *Ficus benghalensis*

Native Habitat : India & Pakistan

Height : up to 30 m



- The Banyan tree is venerated in Hinduism because of its ability to live for centuries and is considered God's shelter.
- Prevents tooth decay and gum disease: Chewing on the roots prevents gum disease, tooth decay, and bleeding gums.
- The roots are like natural toothpaste and also help eliminate bad breath.
- Boosts Immunity: The bark of the Banyan tree is a good immune-boosting agent.
- The extracts from the fruit of the Banyan tree is said to increase serotonin levels in the brain.
- Diabetes: An infusion of the roots helps treat high blood sugar levels.

Tree Name : Arborvitae

Scientific Name : *Thuja occidentalis*

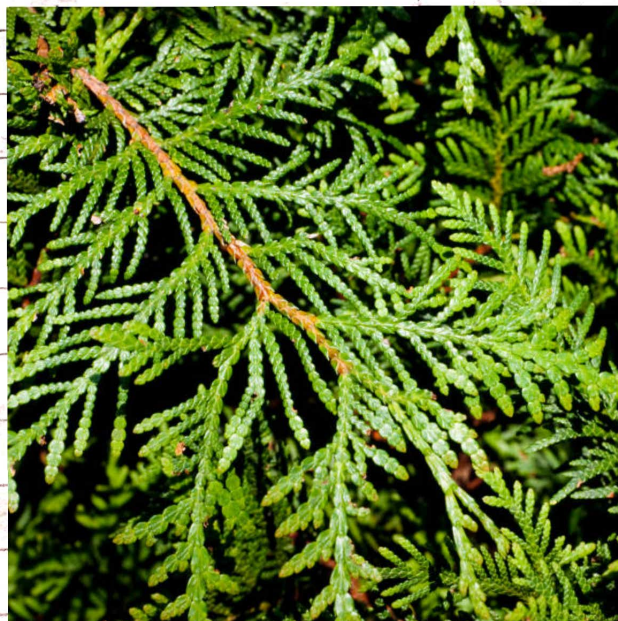
Native Range : North-East America

Uses

- Common cold
- Contain Vitamin C
- Skin infections
- muscle aches

Side effects

- Thuja contain a chemical called thujone, Thujone can cause low blood pressure, asthma and death.



Tree Name : Coconut

Scientific Name : *Cocos nucifera*

Native habitat : Kerala, Tamil Nadu, Goa & Maharashtra.

- A tall plant, coconut tree's height is close to 20-30 meters in length. Coconut tree has an average age of 60-100 years.
- Coconut fruit is used for cooking, as well as medical purposes.

Uses

- Coconut tree roots :
 - Roots are fibrous and are used to weave fabrics, artifacts, etc. They are also used in Ayurveda for medical purpose.
- Coconut leaf
 - Coconut leaf is used as construction material to make roofs, coconut leaves are also used in making brooms and fans.

• Coconut trunk :

→ Coconut trunk is used as fuel and charcoal. Similar in appearance to mahogany wood, coconut trees are also used increasingly in making furniture.

• Coconut fruit :

→ Coconut fruit is used for cooking. We get coconut milk, coconut water and tender coconut skin from the fruit. When dried, the coconut fruit is used as Kopro. It is also used to extract oil.

