Lodhra bark comes from the *Symplocos racemosa* tree, which is an ancient plant that has been used for thousands of years in Ayurvedic healing practices for teenager’s and women’s health. With its divine healing qualities, the Lodhra herb’s potency is strong enough to remove edemas (pockets of accumulated fluid underneath the skin or in the internal organs) in the body, and the paste of the bark is used to treat skin diseases, swelling, bleeding wounds and ulcers. It is also useful in promoting healthy pregnancies and reducing pain.

Lodhra bark powder is also used in making ‘Tilaka’ (a distinctive spot of coloured powder or paste worn on the forehead as a religious symbol). It is amongst the widely used Ayurvedic herbs, and is highly attributed for its effectiveness against Menorrhagia (excessive bleeding during menstrual cycle), as it relaxes the uterine tissues and acts on the relaxed mucous membranes alleviating the problem.

Lodhra bark is an especially beneficial herb to cool the Pitta constitution, is astringent and effective in treating diarrhoea, dysentery and the constant urge to pass urine and/or stool (it is more powerful than cumin seeds, which help to absorb body fluids). Lodhra nourishes the skin and benefits tackling acne, wrinkles and other health issues related to skin; because of these properties Lodhra is used as an important ingredient in most Ayurvedic skin packs.

**How does it look like?**

Lodhra is an evergreen medium size tree attaining optimum height of 8 metres, found growing luxuriously up to altitudes of 1600 metres. Leaves are simple, leathery, soft and orbicular-elliptic in shape, dark green in colour, up to 20 cm long and 8 cm broad. Flowers of Lodhra are small, mostly in clusters of creamy-white flowers, axillary in position, simple or compound racemes. Flowering is observed in late monsoon to winter period. Fruits are about 1-2 cm long, purplish-black in colour with 1-3 seeds. Fruiting is observed in early summer.

**Where is it found?**

Lodhra is an evergreen tree found in the plains and lower hills across North-Eastern India, ascending in the Himalayas and Western Ghats up to 1600 m ASL.
How to grow it in your Garden?

Lodhra; a traditional medicinal plant also highly valued as an ornamental plant owing to its beautiful clusters of creamy-white, small, fragrant flowers and broad glossy evergreen leaves. It is a small tree which can be planted in a garden with minimum space without hampering the growth of other components of the garden. It can be planted as an individual tree and also as naturalistic grouping adding the lush green impression to the garden. Expect array of natural visitors like birds and butterflies, adding to the aesthetics and serenity in the garden. It is a steady growing plant requiring full to partial sunlight, moist, fertile, loamy well-drained soil, watering once in 2-3 days. Seeds are used for propagating the plant with satisfactory results.

Ayurvedic Properties and its Uses

Lodhra is useful in pacifying Kapha-Pitta and diseases arising from them. It is used as an important ingredient of face packs especially for oily skin and acne. Its bark is useful in bowel complaints such as diarrhoea, dysentery and tenesmus (constant urge to pass urine/stool), in dropsy, eye disease, liver complaints, fever and ulcers. Since it strengthens the gums, the powdered bark is used in tooth powders.

Lodhra is also a coagulant, useful against bleeding disorders; it causes excellent vasoconstriction of capillaries thus stopping bleeding and reducing swelling. Lodhra reduces bronchial secretion and cough. It also purifies blood restoring skin tone.

It is very useful in maintaining healthy pregnancy and to avoid any possible miscarriage. Bark is often employed in the preparation of plasters and is supposed to promote maturation or resolution of stagnant tumours. Its uses can be summarized as:

- **Trushnahara**: relieves thirst
- **Arochakahara**: useful in anorexia
- **Asrajit**: useful in bleeding disorders such as bleeding hemorrhoids, menorrhagia etc.
- **Chakshushya**: useful in eye disorders
- **Jvarahara**: useful in fever
- **Atisarahara**: useful in diarrhoea
- **Shothahara**: useful in pain and swelling, inflammatory conditions.

Ayurvedic Medicines with Lodhra ingredient

Lodhrasamv: used in anemia, bleeding disorders.
- **Arimedadi tailam**: used in oil pulling to improve strength and to relieve gum bleeding.

**Dasamoolarista am**: used in inflammatory conditions and in post-delivery care of women.

Vernacular names

As mentioned above, *Symlocos racemosa* is known as *Lodhra* in Sanskrit, it is known by the name *Lodh* in Hindi, *Baada Doddi mara* in Kannada, *Vellil lodhiram* in Tamil and *Lodhigam* or *Lodhuga chetta* in Telugu.

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