Aaragvadha	
Hindi Name	Aragvadha
English Name	Indian Laburnum, Golden Shower Tree
Scientific Name & Family	*Cassia fistula* L.; Family – Fabaceae
Part Used	Fruit pulp, seeds, leaves, bark, flowers
Main Synonyms	Kritmala, Swarnaga, Sampaak, Karnabharan, Chaturangula
External Morphology	Medium-sized deciduous tree; smooth grey bark; pinnate leaves; bright yellow, pendulous racemes of flowers; long cylindrical pods containing numerous seeds embedded in sticky pulp
Rasapanchaka & Dosha-Karma	Guna: Ruksha, Laghu; Rasa: Madhura; Virya: Ushna; Vipaka: Madhura; Dosha Karma: Pitta-Vata Shamak
Active Phytoconstituents	Anthraquinones (rhein, emodin, chrysophanol), flavonoids, glycosides, saponins, tannins
Pharmacological Actions	Laxative, anti-inflammatory, antimicrobial, hepatoprotective, antioxidant, purgative, anthelmintic
Important Formulations	Aragvadha Churna, Aragvadha Kwatha
Dose	Fruit pulp powder: 5–10 g; Mool Kwatha (decoction): 50–100 ml
To be Noted	Acts as mild purgative; should be used cautiously in pregnancy and diarrhea; useful in chronic constipation and skin disorders

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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