Shaala	
Hindi Name	Sāl
English Name	Sal Tree
Scientific Name & Family	*Shorea robusta* Gaertn. f.; Family – Dipterocarpaceae
Part Used	Resin (Śāla-rasa), Bark, Leaves
Main Synonyms	Dhop-vriksha, Aśvakarṇa
External Morphology	Large deciduous tree; tall straight trunk; bark dark brown, rough, fissured; leaves simple, oblong-ovate, coriaceous; flowers small, yellowish-white in panicles; fruits nut-like with 5 persistent wing-like sepals
Rasapanchaka & Dosha-Karma	Guna: Rūkṣa; Rasa: Kaṣāya (Bark), Madhur (Resign); Vipāka: Kaṭu; Vīrya: Uṣṇa Doṣa-karma: Kapha-Pitta Śāmaka
Active Phytoconstituents	Resin acids, triterpenoids, tannins, flavonoids
Pharmacological Actions	Vraṇa-ropaka, stambhaka, śothahara, krimighna, dāhahara
Important Formulations	Śāla-rasa, Dhūpana yogas, Vraṇa-lepa preparations
Dose	Resin cūrṇa: 1–3 g, Twak quath:50-100ml
To be Noted	Śāla resin widely used in vraṇa, raktasrāva, atisāra and for dhūpana (fumigation) in wound and skin disorders; important timber tree of India

References:

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2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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