



BOTANICAL NAME –
Nyctanthes arbor-tristis
Linn.

COMMON NAME – Parijat,
Harisingar, Siharu , night
blooming jasmine.

FAMILY- Oleaceae

DESCRIPTION :

- ❖ Bush or small tree; deciduous.
- ❖ Bark pale or dark grey, sometimes greenish.
- ❖ Leaves in opposite pairs, very rough on upper surface, paler and hairy below; apex pointed.
- ❖ Flowers with 5-8 white petals at the end of a brilliant orange tube about 1 cm long in clusters; highly fragrant.
- ❖ Fruit is flattish, round capsule just over 1 cm wide; bright green at first turning brown.

USES :

- ❖ Controlling excessive blood sugar levels is one of the main health benefits of parijat.
- ❖ The leaves have been used for sciatica, arthritis, and fevers and as a laxative in Ayurvedic and homoeopathic treatment.
- ❖ Parijat leaves are particularly effective in treating malaria symptoms.
- ❖ The flowers have sedative, antioxidant, anti-inflammatory, and diuretic properties.
- ❖ The leaves have antifungal, antibacterial, antipyretic, anti-oxidative, and anti-inflammatory properties.
- ❖ Due to the presence of ethanol in it, parijat flowers and leaves function as immunostimulatory to strengthen immunity.
- ❖ Controls anxiety, Relieves the pain of menstrual cramps.