

BUTEA MONOSPERMA : PALASH

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Palash flower which is also known as Dhak, Parrot Tree, Flame of The Forest, Bastard Teak, Bengal kino is a tree whose flowers are very attractive, grow in a number of clusters and red in colored due to which it is also called Flame of the forest.

It is a species of Butea. As we all knows that Palash is the state flower of Uttar Pradesh and has now been honored by the Indian Postal Department by publishing it on a postage stamp.

This tree is one of the trees considered sacred by Hindus, whose description is also in the Vedas. It is said that Palash is the abode of the deities Brahma, Vishnu, Mahesh. It is also used for the peace of the planets.

Apart from India, this tree is found very much in Bangladesh, Nepal, Pakistan, Thailand, Malaysia and Sri Lanka. The tree is divided into five parts i.e. root, stem, fruit, flower and seed, which are used extensively for making ayurvedic medicines and in cosmetics.

At the time of Holi, all colors are prepared from the flower of palash . It is of two types, one with red flower whose scientific name is *Butea monosperma* and the other which has white flowers which is mostly used in making medicines.



Palash flowers are non fragrant. Palash is of medium size, about 12 to 15 meters long. It grows up to a foot every year. The tree sheds its leaves when it is fully flowering, at that time a tree laden with red flowers is like filling color in the weather.

This tree is found in almost all the regions of India. Its in mainly three forms which are tree, bush and creeper. In hilly areas it is found in bush form. Leaves are round and pointed in the middle and come out in groups of three. Due to which a phrase has also become famous " Dak ke teen Paat ".



Their wood are in zigzag form, flowers are crescent and red in color which comes from Phagun to Chait month (February to April).

PALASH – HEALTH BENEFITS

- leaves are used for making doughnuts and plates.
- Flowers and seeds are used to make medicines.
- Its seeds have properties to kill stomach worms.
- Yellow color which comes out after boiling the flowers are used in Holi Festival.
- Its bark is used to fill the cracks of large vessels so that water can not enter.
- Ropes, rugs and paper etc. are made from the fiber of the root bark.
- Its twigs are boiled and prepared to make Katha, which is eaten more in Bengal.
- Flowers are used for bathing to avoid the heat.
- It is very beneficial in urinary diseases, night blindness and piles disease.
- Palash gum cures diarrhea and strengthens bones.
- Dried flowers used to make colors of Holi festival.

