



***Cassia fistula* L.**

Family: Fabaceae (Caesalpiniaceae)

Common names: Golden rain tree, Amaltas



Description:

Cassia fistula is ranges from southern Pakistan eastward throughout India to Myanmar, Thailand and south to Sri Lanka. It is a medium sized deciduous tree, goes up to 15 m in height. The bark of the young tree is grey, smooth to slightly ridged and slender, and changes to a darker grey-brown when mature. The leaves are smooth, ovate shape, alternate, pinnate, with 3-8 pairs of leaflets. Flowers are bright yellow in colour, hanging down loosely in 20 to 40 cm long racemes. Fruit is legume, pendulous, cylindrical, and brown in colour, 20 to 60 cm long, with a pungent odour and containing several seeds.

Utilization:

The golden shower tree is the state flower of Kerala. Amaltas tree is well known for its impressive yellow flowers that cover the entire canopy. The fruit pulp is considered a purgative (Vaidya, 2002). Various species of bees and butterflies are known to be pollinators of its flowers. The leaves of the tree are used in relieving skin irritation and in easing swelling as well as pain. The juice and the paste of roots serves as a benefiting dressing for the problems of ringworm and the inflammation in the hand or feet caused mainly because of cold conditions.

Part	Uses
Bark Extract	Anti-inflammatory, Antioxidant,
Flower extract	Anti-bacterial
Root	Ring worms, inflammation

References:

Bhagwan Dash V; (2002) *Materia Medica Of Ayurveda*. pp.41–42.
Ilavarasan R, Malika M, Venkataraman S; (2006) Anti-inflammatory and antioxidant activities of *cassia fistula* linn bark extracts; *African Journal of Traditional, Complementary and Alternative medicines*