



***Prunus cerasoides* D.Don**

Family: *Rosaceae*

Common names: Paja, paddam



Description:

Prunus Cerasoides is a middle sized or large tree indigenous to temperate Himalayan region, extending from Kashmir to Bhutan, and in Aka and Khasi hills in Assam and in Manipur at an altitude of 900-2,300 m. Bark of the plant is smooth, brown, peeling off in to the long horizontal strips. Leaves are variable in length and doubly serrate. Flowers are in fascicles or umbels, rose red to white in colour. It has ovoid yellow fruit that turns red as it ripens.

Utilization:

The wood is hard, strong, durable and aromatic. Branches are used as walking sticks. The wood is occasionally used for buildings and for making ornamental furniture. Fruits have scanty pulp and they are scarcely eaten. The bark paste is applied on contusions (Gaur, 1999). It is an Ayurvedic herb used for the treatment of skin diseases, and used as uterine tonic. The leaves, twigs, bark and kernels contain a cyanogenetic substance. (Prashanth *et.al.*,2016).

Part	Uses
Heartwood	Treat Vomiting, Nausea And Gastritis
Dried Powder Of The Seed	Treat Renal Stones

References:

Gaur R. D; (1999) Flora of the District Garhwal North West Himalaya Transmedia: Srinagar Garhwal, India.

Prashanth B.K; (2016) Padmaka – *Prunus cerasoides*: Uses, Dose, Research, Side Effects <http://easyayurveda.com/2016/06/24/padmaka-prunus-cerasoides-wild-himalayan-cherry>.