{Kewda}

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{Pandanus odorifer}

{Pandanaceae}

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| --- | --- |
| Tamil | {Javnana chedi} |
| Malayalam | {.} |
| Hindi | {Kevada, Kewda, Kewra, Kevra} |
| English | {Screw pine, Palau Fruit, Screw Pine, Pandanus Tectorius or Pandanus Odoratissimus. The Native Fruit in Palau.} |

Description

{It is a small branched, palm – like tree growing to a height of 3 – 4 m, with a flexuous trunk supported by brace roots. The trunk of the tree is twisted, having a shoot-like appearance touching the ground. The leaves grow in clusters at the branch tips, 40 – 70 cm in length with rosettes of sword – shaped, stiff (leather – like) and spiny bluish – green, fragrant leaves. The tree bears very fragrant white colored flowers in clusters, used as perfume. The fruits are oval to round in shape 4 – 6 inches in diameter. The tree is found all over India in the temperate climate.}

Useful Parts

{Root, Flower}

Benefits

1. {Katu –pungent, spicy  
   Tikta – bitter  
   Laghu – light to digest  
   Ushna – hot  
   Balances Kapha and vata Dosha  
   Golden yellow coloured flowers are considered to be of superior quality.  
   Meals is served in its leaf to treat Granthi – tumour, fibroid}

Pharmacological Action

* {Anti- inflammatory action}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta (Bitter) Madhura (Sweet), Katu ( Pungent)} |
| Guna | {Laghu (Light for digestion), Snigdha (Slimy in nature)} |
| Virya | {Ushna (Hot)} |
| Vipaka | {Katu (Undergoes Pungent taste after digestion)} |
| Karma | {Kaphapitta shamaka (reduces vitiated kapha and pitta dosha)} |