{Mallika}

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{Jasminum sambac}

{Oleaceae }

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| --- | --- |
| Tamil | {மல்லிகை} |
| Malayalam | {Malli} |
| Hindi | {Mallika} |
| English | {Jasmine } |

Description

{A woody twining shrub with opposite leaves and fragrant white flower,Leaves -simple ,ovate  
elliptic ,shiny green.Flowers -white ,highly fragrant,tubular with 5 - 8 lobs bloom mostly at night or early morning.Fruit - small black berry (Rarely seen in cultivated plants ) Flowering season - Through out the year ,more during summer and monsoon }

Useful Parts

{Flowers , root ,leaves }

Benefits

1. {1.Helps to cure bleeding disorder   
   2.Improves the skin complexion   
   3.Reduces inflammation and swelling }

Pharmacological Action

* {1.Anti oxidant   
  2.Anti depressant   
  3.Anti inflammatory   
  4.Anti pyretic }

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Tikta, kashaya } |
| Guna | {Laghu , Ruksha } |
| Virya | {Sheeta} |
| Vipaka | {Katu} |
| Karma | {Tridoshahara } |