



HOME

ABOUT US

ACADEMICS

HOSPITAL

PORTFOLIO

ATTENDANCE

RELATED LINKS

COE

QCI



SULT ● Alumni Registration ● Permission Letter 2024-25 ● Logo Design Competition ● JOB VACANCIES NOTIFICATION &amp;

ADMISSION CE

**Botanical Name :** Gmelina arborea Roxb.**Family :** Verbenaceae**Identification No.:** SDACH/HG/061**Introduction :**

Kāsmarya is important among the trees used in Yajña. one of the plants in dasamoola. Its fruit is one among the 'Madh Triphalā (three sweet fruits). It is Brmhana, Vrsya and Rasāyana in nature. Its fruit consider as the substitute for draksh available more. Now a days draksha is more available than fruit of kasmira. The name gambhari popular among in tribal Bihar.

**Names in different Indian languages :****Hindi :** Gambhari, Gambhara, gamari**Telugu :** Gummadi, Peggumudu**Tamil :** Kumadi, perumkumadi, Umi-thecku**English :** Comb teak, cashmere tree**Marathi :** Shivana**Kanada :** kumbalamara**Malayalam :** Umilu, kumpil, kumil**Bengali :** Gamar**Punjabi :** Gambhari**Gujarati :** Savan**Sanskrit :** Gambhari, kasmari**Synonyms :**

“Gambhārī kāśmarī proktā madhuparnī kṛṣṇavṛntikā”

Hindi »

(Bhav Prakash Nighantu, Guduchyadi Varga, Shloka 150)



Kaashmarya, Sarvatobhadraa, Bhadra, Mahaabhadraa, Sadaabhadraa, Madhuparnikaa, Sriparni, Pitarohini, Hiraa, Bha Trishati.

Premna arborea Roth

### Classification according to Charaka, Susruta & Vagbhata :

Charaka

srothahara, Dāhaprasamana, Virecanopaga

Susrutha

Sārivādi, Brhat Pancamula

Vagbhata

Sarivadi

### Morphology :

A large deciduous tree, 16- 20 m high, with whitish grey corky lenticellate bark, exfoliating thin flakes .

Leaves— simple, opposite, glabrous above, large tomentose underneath. cordate-ovate, acuminate.

Flowers— yellow, tinged with brown, in terminal and axillary racemiform panicles, composed of lateral cymes.

Fruits— drupes, yellow when ripe.

seeds— oblong. Flowering in February-April & fruiting in April-July.

### Habitat & Distribution :

Found throughout India

### Chemical Constituents :

arborone, 7-oxodihydrogmelinol, paulownin acetate and epieudesmin, beta-sitosterol, ceryl alcohol, gmelinol; butyric & acids: apigenin, premnazole, arborone, arhoreol, isoarborol, cutytl ferulate, epieudesmin, gmelanore, gmelafuran. gur non-saponifiable fraction, saponifiable- fraction, apiosylskimmin, octacosanol etc.

### Properties :

Rasa Tikta, Kasaya. Madhura

Guna Guru

Virya Usna

Vipāka Katu

### Karma :

Vata-pittahara, Bhedana, Sothahara, Dipana-pācana, Medhya

stomachic, laxative, antibilious, demulcent, galactagogue, anticephalalgic.

### Indications :

Bhrama, Sotha, Trsnā, Amaūla, Aras, Visa roga, Dāha, Jvara

Roots are acid, bitter, laxative. Oedema, dysuria, haemorrhagic diseases Useful in fever, hallucination, haemorrhoids, l sensation. Flowers are useful in skin disease, fruits are astringent, diuretic. It promotes the growth of hair, useful in an leucorrhoea.

Fruit—Raktapittahara mentioned by charaka

Flower— Vrsya, Balya, Raktapittahara

### Part Used :

Root, fruit, flower, leaves

Hindi »

### Dosage :

Root bark decoction 50-100 ml, fruit powder 2-4 g.

### External uses :

Because of cooling and soothing actions, the leaves relieve burning and pain. In such cases, leaves are tied to the affected part. Paste of the leaves is applied over the forehead in case of headache caused by fever.

### Internal uses :

**Central Nervous system :** It is used in vertigo, brain debility and vata disorders. It is also a brain tonic.

**Digestive system :** Fruit- relieves excessive thirst; roots aperients, improves appetite and digestion, so used in diarrhoea, constipation and haemorrhoids.

**Circulatory system :** The bark of the root is used internally in oedema due to any cause, as it relieves oedema. Its fruit is cardiotonic. Its juice is useful in cardiac disorders and the mixture of roots of gambhari + gunja leaves + yashtimadhu with milk is a good galactagogue.

**Respiratory system :** Ripe fruit is a nutritive tonic, so useful in tuberculosis and cachexia.

**Urinary system :** Fruits and leaves are diuretic, The juice is given in dysuria, gonorrhoea and cystitis. In such cases it is given along with cow's milk and sugar, it increases urination, relieves pain and swelling.

**Reproductive system :** Besides being a galactagogue, the fruit is aphrodisiac. Fruits are used in semen debility and to miscarriage. Decoction of the root bark is given in postpartum disorders. It relieves uteritis, fever and other symptoms, promotes breast milk. A tampon of oil derived from gambhari juice is kept for breast development.

**Temperature :** Relieves fever and burning.

**Satmikaran** The bark is a bitter tonic having nutritive and rejuvenating properties. It is also an antidote. The bark is used in pyrexial debility. It is also used externally and internally in scorpion and snake bite.

Parts used Root and fruit (one of the brihath panchamool).

### Important Yogas or Formations :

Dasamūlarista, sriparni taila; Drāksādi Kvātha, Kāmaryādi pānaka, Kamarya rasāyana, Kamarya taila Shriparnyadi kva Shriparni taila, Brihath panchamooladi katha.

### Important research work going on :

- (1) hypoglycemic activity
- (2) anti-viral activity
- (3) anti-inflammatory activity

### Therapeutic Uses :

- (1) Stanya Vardhana.- Oil prepared with Gambhāri patra is used for external application
- (2) Raktapitta— Flowers of Kovidāra, Kasmarya & Sālmali are useful as diet (C.S.Ci. 4).

**IUCN Status:** Least Concern.

### Research Updates:

1. Anti-arthritis effects (2020, J. Ayurveda Integr. Med.)
2. Neuroprotective properties (2021, IJNPR)
3. Antipyretic activity (2023, AJAY)

## About Us

The College is recognized by National Commission for Indian System of Medicine, New Delhi and affiliated to the Shri Krishna Ayush University, Haryana for B.A.M.S. (Ayurvedacharya) Course. The College has produced over 1000 well-trained Graduates so far who are serving the ailing humanity in urban as well as rural areas and are well placed in Govt. Services or in their private enterprises. The College has gained distinction as various important and well-known pharmaceutical companies of the country have shown keen interest in the activities and development of Ayurveda in the College.



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JOB VACANCIES NOTIFICATION  
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ALUMNI REGISTRATION

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