

Symplocos racemosa (Lodhra)



Botanical Name	<i>Symplocos racemosa</i> (Roxb.)(SYMPLOCACEAE)
Vernacular Name	Lodha, Lodhra, Lodh
Description	Leaves simple, alternate, 7-15 x 3-6 cm, elliptic or elliptic-obovate, tip pointed to tapering, margin rounded toothed-sawtoothed, hairless, shiny, leathery; leaf-stalk 6-15 mm long, slender; lateral nerves 6-12 pairs. Flowers bisexual, in spikes, to 12 cm long; bracts ovate, falling off; Sepal-cup tube adnate to the ovary, lobes 5, triangular, pointed, hairless. Flower deeply 5-lobed. Stamens numerous, unequal, many seriate, adnate to the flower tube.
Regional Distribution	Similipal, Malyagiri, Sanghagra, Baula mines (Keonjhar), Sambalpur.
Global Distribution	India, Indo-Chinese to Malesian region.
Elevation Range (m)	100-500 m
Part Used	Bark
Action &Uses	Antioxidant, Anti-acne Anti-ulcer, Hypolipidemic, Hepatoprotective, Anticancer, Anthelmintic, Antiinflammatory, Antidiabetic, Antibacterial Anti-androgenic
Folk Use	Gynecological disorder
Threats	L,Hm, Tp.
INCU Threat Status (Odisha)	A2cd (CR)
Status in Other State	Critically Endangered (CR)