

Bauhinia × blakeana
Hong Kong orchid tree
Kachnar



Kachnar Or The Orchid Tree

Kachnar is a medium-sized tree that reaches a height of 50 to 60 feet. It is native to India, Pakistan and Southern China; in fact to Southeast Asia.

The leaves are large and broad and are bilobed both at the apex and the base. The orchid tree bears white or pink flowers. The fruit

is a long pod about a foot long with several seeds ranging from 10 to 15 inside.

The orchid tree is also popularly grown as an ornamental tree, for its scented flowers and for medicinal purposes as many of its parts like the leaves, flowers, buds, bark and root are used medicinally.

Kachnar grows in tropical to subtropical areas of the world apart from growing in the Himalayan range.

Kachnar is also used as an ingredient in many foods. The flower buds are used as food cooked either alone or used in meat dishes. They are considered a delicacy.

Kachnar leaves are used as animal fodder.



Health Benefits Of Kachnar

In the Ayurvedic texts, Sushruta Samhita and Charaka Samhita, many therapeutic properties have been ascribed to Kachnar.

Kachnar is believed to pacify the 3 doshas of Vata, Pitta and Kapha.

Some of the benefits of extracts of the orchid tree that studies have revealed are :

- *Regulate blood sugar. The protein present in the leaves has insulin-like activity.*
- *Protect the kidneys against toxicity and damage due to the accumulation of toxic chemicals.*
- *Protect the liver. Extracts of kachnar protect the liver against carbon tetrachloride toxicity.*
- *Heal intestinal ulcers by decreasing the output of gastric acids.*
- *Control the formation of tumours and also possess cancer-preventing properties.*
- *Heal wounds faster when compared to a control group.*
- *Has tonic and restorative properties.*
- *Relieve diarrhoea and remove intestinal worms.*
- *Act as a diuretic.*
- *Have anti-inflammatory and antimicrobial properties.*
- *A decoction of kachnar bark is useful in alleviating skin diseases.*
- *Kachnar has the capacity to purify the air by cleaning up the atmospheric and soil pollution. The roots have nitrogen-fixing properties.*
- *The flowers and buds are useful in flatulence and joint pains.*

Some Ayurvedic Remedies With Kachnar

- ***For Mouth Ulcers & Bad Breath***

Take dried bark of kachnar and pound it coarsely. To 10 grams of this add 400 ml water. Let it come to a boil and then simmer till about 100 ml of water remains.



Remove from heat, cool a bit and filter the water. Gargle with this water while still warm. Do this 2 to 3 times daily. This is a very effective remedy for mouth ulcers and works even where other medications have failed to provide relief.

- ***For Diarrhea And Intestinal Mucus***

Powder the bark. Take 3 grams of this powder with water twice a day; once in the morning and again in the evening.

Remove the seeds from the long pod-like fruit. Powder the seeds. Take 1 gram of this seed powder twice a day, in the morning and evening, with water. It relieves problems in urination.

- ***For Liver Problems And Jaundice***

Extract juice from kachnar leaves. Drink 2 times a day. Dose adults 50 ml and children 15 ml.

This juice improves the liver function and reduces enlargement of the liver.

- ***For Thyroid Problems And Tonsils***

Pound about 20 grams of kachnar bark and add 200 ml of water to it. Boil and then simmer the water till it reduces to 50 ml.

Strain and drink.

- ***To Improve Appetite***

Drink juice of kachnar leaves.

- ***For Tumors, Cysts & Fibroids***

Boil 5 grams of dry bark or 10 grams of fresh bark in 400 ml of water till the water is reduced to 100 ml. Strain and drink.

