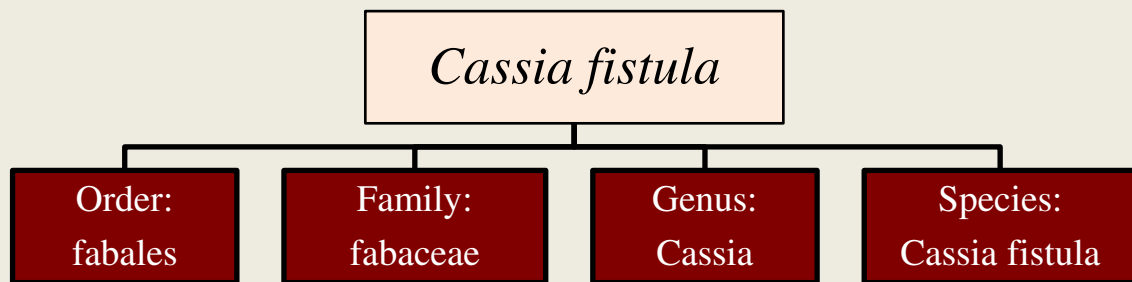


Amaltas



DESCRIPTION

- The golden shower tree is a medium-sized tree, growing to 10–20 m (33–66 ft) tall.
- Amaltas is prevalent in India and Pakistan and is also found in a few parts of Southeast Asia.
- The bark of Amaltas contains antioxidants and anti-inflammatory properties.
- In Ayurvedic medicine, the tree is known as aragvadha, meaning "disease killer."
- The fruit pulp is considered a purgative and self-medication or any use without medical supervision is strongly advised against in Ayurvedic texts.