

# Harsingar

## *Nyctanthes arbor-tristis*

Order:  
Lamiales

Family:  
Oleaceae

Genus:  
Nyctanthes

Species:  
*arbor-tristis*



## MORPHOLOGY

- Leaves: Dark green, opposite, simple, with toothed margins.
- Flowers: Fragrant, white with orange centers, trumpet-shaped, blooming profusely.
- Fruit: Small, capsule-like, containing seeds..

## USES

- Traditional Medicine: Used in Ayurveda and traditional medicine systems for various ailments.
- Ornamental: Cultivated for its attractive flowers and aromatic foliage.
- Religious Significance: Flowers are used in Hindu religious ceremonies.

## CHEMICAL COMPOSITION

- Flowers: Contains essential oils, flavonoids, tannins, and other phytochemicals.
- Leaves: Rich in antioxidants and bioactive compounds.

## MEDICINAL PROPERTIES

- Anti-inflammatory: Helps reduce inflammation.
- Antipyretic: Used to reduce fever.
- Analgesic: Provides pain relief.
- Antioxidant: Protects cells from oxidative stress.
- Antimicrobial: Effective against certain microorganisms.

## ACTIVE PHYTOCHEMICALS

- Naringenin: A flavonoid with antioxidant properties.
- Quercetin: Another flavonoid known for its anti-inflammatory effects.
- Oleuropein: Provides antimicrobial activity.
- Luteolin: Exhibits antioxidant and anti-inflammatory properties.