



## Gunda (Lasoda): A Comprehensive Review on Botanical Description, Medicinal Significance, and Modern Applications

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<p style="text-align: center;"><b>Article History</b></p> <p>Received : 15/01/2024 Revised : 10/02/2024 Accepted: 22/02/2024</p>	<p><b>Abstract</b></p> <p>Lasoda, also known as Sleshamatak (<i>Cordia dichotoma</i>), is a plant that is at the crossroads of contemporary science and Ayurvedic tradition. <i>Cordia dichotoma</i> is a member of the biggest genus in the Boraginaceae family, <i>Cordia</i>, with over 300 species recognised worldwide. This plant, also known as Shleshmatak, Shelu, Clammy Cherry, Indian Cherry, and Sebesten, is rich in medicinal qualities and contains a wide range of chemical elements, such as flavonoids, <math>\beta</math>-sitosterol, pyrrolizidine alkaloids, cathartin, and allantoin. Lasoda is highly regarded in Ayurvedic writings as a snehopaga, a one-stop cure for a variety of gastrointestinal issues. Beyond its customary uses, <i>Cordia dichotoma</i> has played a significant role in traditional medicine by providing remedies for ailments including ulcerative colitis, diabetes, wound healing, hepatoprotection, antibacterial activity, anti-inflammatory characteristics, and anthelmintic qualities. The botanical description, chemical makeup, and variety of uses of <i>Cordia dichotoma</i> are succinctly summarised in this review, which also positions the plant as a prospective contender in the traditional and pharmaceutical domains, indicating its broad range of medicinal applications.</p> <p><b>Keywords:</b> <i>Indian cherry, Cathartin, Febrifuge, Contraceptive, Shelu, Sleshamatak</i></p>
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### Introduction

The Lasoda plant (*Cordia dichotoma*) is a fascinating thread that weaves its way between millennia of ancient knowledge and modern health practices in the enchanted tapestry of Ayurveda and herbal wellbeing. Renowned for its medicinal abilities, this little plant has gained recognition for its many advantages originating from age-old Ayurvedic concepts. The Lasoda plant has been a staple of traditional medicine since its origins in the Indian subcontinent. The vast therapeutic capacity of Lasoda is acknowledged by Ayurveda, the holistic science of life, which attributes its effectiveness to its numerous components, including fruits, leaves, and bark. The Lasoda plant calls as we dig into the rich history of Ayurveda and investigate the herbal environment, offering a trip of natural healing and overall well-being. Discover the benefits and mysteries of this miracle plant as we explore the Ayurvedic corridors, where customs collide with modern health. As we continue our exploration of holistic health, the Lasoda plant is a veritable gold mine of health advantages that appeal to both traditional knowledge and contemporary sensibilities. With its age-old concept of harmony and balance, Ayurveda praises Lasoda and views it as a powerful friend in the quest for optimum health. The *Cordia dichotoma* is a plant, yet Ayurvedic practitioners see a store of digestive strength hidden inside its luxuriant leaves<sup>1-3</sup>. The plant's reputation as a dependable help in supporting a healthy and effective digestive tract is shown by its use in traditional treatments for digestive problems. The many uses of Lasoda in Ayurveda, ranging from powders to herbal drinks, demonstrate its adaptability and effectiveness. Past its digestive benefits, Lasoda reveals an antioxidant-rich composition that harmonises with Ayurvedic principles that support using nature's abundance for healing on all levels. Because of the plant's phytochemicals and polyphenols, which provide a natural defence against

oxidative stress and enhance general cellular well-being, it has earned a special position in the Ayurvedic pharmacopoeia. Lasoda finds expression in herbal formulas that address a range of health issues as we close the gap between traditional knowledge and modern wellbeing. The versatility of Lasoda guarantees its continued relevance in the rapidly changing field of natural health therapies, from inventive herbal supplements to ancient concoctions handed down through the years. Lasoda's allure in the cosmetics industry reaches skincare formulas, where its extracts are prized for their capacity to revitalise and nourish the skin. Lasoda's holistic approach to exterior well-being is attracting the attention of herbalists and skincare fans alike, making it a highly sought-after component in the rapidly growing herbal skincare industry. Come explore the Lasoda plant with us, a place where innovation and tradition coexist peacefully and the past and present coexist in harmony. Expect a voyage of discovery as we peel back the layers of Ayurvedic knowledge and explore the herbal embrace of Lasoda. The essence of holistic healing is contained in the leaves, bark, and fruits of this remarkable plant<sup>3-5</sup>.

### **Botanical Description**

Lisoda, or *Cordia dichotoma* as it is formally named, is an important member of the Boraginaceae family of plants that is often used medicinally in southern India. Its common name, Lisoda, reflects its local character, however it is also known by many English names, including Clammy Cherry, Indian Cherry, and Sebesten Plum. Across India's many languages, Lisoda is referred to as "buhal" or "bahubara" in Bengali, "vadgundo" or "gunda" in Gujarati, and "lasura," "bhokar," or "borla" in Hindi. This vast range of names highlights the plant's cultural and geographical importance, highlighting its use in traditional medicine as well as the many culinary and cultural customs that exist among various populations. Lisoda's adaptability stems from its therapeutic qualities as well as the linguistic and cultural diversity it adds to India's diverse landscape. The plant *Cordia dichotoma* takes on several regional identities, reflecting the linguistic variety of India, in addition to its Hindi name, Bhokar. It is called Chhota lasora, Gondi, Guslasah, Lasora, and Rassala in Hindi. The plant is known by the Marathi-speaking public as Bhokar, Chokri, Sherti, Shelu, and Shelvant. It is known as Kalvirusu, Naruvili, Vidi, Viriyan, or Viruvu among Tamil-speaking cultures. The names Botuka, Chinna, Inki, Iriki, Nakheri, and Nakkeru are used by Telugu speakers in the meanwhile. This large range of regional names highlights the plant's popularity and cultural assimilation, demonstrating its linguistic adaptability throughout many Indian regions and people. *Cordia dichotoma*, often referred to as Bhokar and Shleshmantak, belongs to the class Dicotyledons and is categorised systematically in the Magnoliophyta division of the Plantae kingdom. After further classification, it belongs to the Lamiales order, the Boraginaceae family, and the Asteridae subclass. Known by the genus *Cordia*, which is represented by the letter L., and by the specific epithet G. Forst., *Cordia dichotoma* is a unique species in the complex web of plant life. The plant's aromatic qualities have earned it the fitting moniker "Manjack". This systematic biological taxonomy highlights the plant's variety and clarifies its taxonomic position, since it is known by several names in different locations, such as Bhokar and Shleshmantak. As an essential component of the Boraginaceae family, *Cordia dichotoma* adds to the kingdom of plants' biodiversity. Its systematic categorization offers a useful foundation for comprehending its role in the larger ecosystem.

The deciduous *Cordia dichotoma* tree, which may grow to a height of 10 metres, has a spreading crown, a crooked trunk, and a short bole. The stem bark has a grayish-brown appearance and may be smooth or furrowed longitudinally. The elliptical-lanceolate to wide ovate, simple leaves, reaching 6 to 10 cm, with a circular and cordate base, provide a graceful and versatile feature to this unusual tree<sup>2, 6-9</sup>.



**Fig. 1 Plant (Fruit) of Lasoda (*Cordia dichotoma*)**

### **Ancient Panacea for Digestive Harmony**

This investigation reveals the hidden treasure of Lasoda, a plant with a long history and a reputation as an age-old remedy for intestinal health. Within the field of holistic health, Lasoda is a living example of the knowledge that endures from old customs and has a significant effect on intestinal equilibrium. Within the enormous field of Ayurveda, where traditional knowledge and holistic medicine collide, Lasoda is a crucial botanical ally that is highly regarded for its deep significance as an age-old remedy for digestive health. Scientifically referred to as *Cordia dichotoma*, Lasoda has a long history of use in Ayurvedic medicine and is a key component of treatments meant to preserve and restore intestinal balance. The story of Lasoda in Ayurveda begins with a plant valued for its special qualities that is carefully manipulated to conform to the principles of digestive health. Its origins are in conventional formulations, where Ayurvedic doctors discovered it may help with a variety of digestive problems, from indigestion to more complicated gastrointestinal disorders. Lasoda's application adaptability is what really sets it apart. Every part of the plant, including the leaves, bark, and fruits, has a specific function in Ayurvedic remedies. Its ability to aid in digestion is used in both internal medicine and the production of herbal teas, which act as a ceremonial and medicinal drink that helps the digestive system get back in balance. Beyond its specific advantages for the digestive system, Lasoda has a wider effect on general health. Because of its holistic perspective, Ayurveda acknowledges the close connection between the body's overall vitality and a healthy digestive system. In this sense, Lasoda becomes a representation of holistic health, in line with Ayurvedic ideas of treating the underlying cause of illness rather than only treating its symptoms. As the story progresses, Lasoda breaks free from convention and fits in with contemporary ways of living. The skill of incorporating Lasoda into modern diets, from cooking applications to the production of herbal supplements, guarantees its survival in the fast-paced world while adhering to its historical origins<sup>10-13</sup>. Lasoda invites people on a transforming journey towards long-lasting intestinal peace, serving as a timeless emblem of nature's healing touch. In the quest for comprehensive well-being, its rich history within Ayurveda inspires us to investigate and welcome the transformational power of age-old knowledge.

### **The Antioxidant Arsenal: Lasoda's Cellular Wellness Secrets**

Lasoda, or *Cordia dichotoma*, is a botanical powerhouse in the burgeoning field of natural treatments and holistic health. It has a vast antioxidant repertoire that is essential for cellular well-being. This investigation explores the scientific bases of Lasoda's antioxidant-rich composition, revealing the mechanisms that enable it to act as a powerful protector against oxidative stress and support the health of cells in general. Lasoda's contribution to cellular wellbeing is mostly attributed to the intricate interaction between phytochemicals and polyphenols. Carefully constructed by nature, these bioactive chemicals function as the plant's defence system. When used for human consumption, they constitute an effective weapon against oxidative stress, a frequent foe in today's fast-paced, contemporary lifestyle. The ancient medical system known as Ayurveda understood that for optimum health, a balance between antioxidants and free radicals needed to be maintained. Lasoda, which is a fundamental component of Ayurvedic medicine, fits very well with these ideas. As we uncover Lasoda's antioxidant armoury, research goes beyond its customary uses, providing a link between traditional knowledge and modern insights into cellular health. Lasoda's ability to neutralise free radicals is supported by scientific study, which also highlights the drug's potential to shield cells from harm and promote general cellular resilience. This presents Lasoda as an additional component of the holistic approach to wellbeing in addition to being a useful tool for preventative health. As we make our way through the complex maze of cellular health, the conversation includes the useful application of Lasoda in contemporary life. In the field of natural health, Lasoda's antioxidant-rich profile shines brightly via dietary supplements and herbal preparations, giving people a practical way to bolster their cellular defences. Lasoda's antioxidant capacity is evidence of the complex triad of natural substances found in its fruits, bark, and leaves. Together with polyphenols, phytochemicals like flavonoids and tannins strengthen its strong defence against oxidative stress, a common enemy in the contemporary story of health problems. With its holistic outlook, Ayurveda acknowledged the need of preserving balance while dealing with oxidative stress, and Lasoda becomes an obvious ally in this pursuit of harmony.

### **Herbal Adaptability: Lasoda's Versatile Presence in Modern Wellness Formulations**

Lasoda appears as a sign of herbal adaptation in the ever-changing field of wellness, blending in with contemporary medical methods with ease. This investigation sheds light on Lasoda's comeback, which was once firmly established in conventional Ayurvedic treatments and is now finding fresh use in modern wellness

formulas. Lasoda displays its many uses, ranging from nutritional supplements to herbal teas, and may be tailored to meet a variety of health requirements in creative and user-friendly ways. Lasoda embodies a holistic approach to health by bridging the gap between traditional knowledge and state-of-the-art wellness goods, demonstrating the connection between tradition and innovation. It is a highly sought-after element in herbal formulations due to its flavour and accessibility, in addition to its efficacy. Furthermore, Lasoda's versatility goes beyond teas and capsules; it also penetrates the cosmetics market, where its multipurpose qualities enhance formulas for holistic beauty. "Herbal Adaptability: Lasoda's Versatile Presence in Modern Wellness Formulations" essentially highlights Lasoda as a versatile herbal ally in the pursuit of holistic health by allowing readers to observe the smooth collaboration between the age-old wisdom of Ayurveda and the dynamic demands of contemporary well-being. Within the dynamic field of wellness, Lasoda (*Cordia dichotoma*) is a standout plant that demonstrates exceptional flexibility across a wide range of contemporary medical procedures. Its investigation starts by tracking the return of Lasoda, which was formerly a mainstay of traditional Ayurvedic treatments. It then explores the mechanisms driving its comeback in the modern health industry. Lasoda's many uses are shown in how well it can be included into herbal teas and used to produce nutritional supplements, among other creative and approachable methods to treat a broad range of health concerns. The way in which Lasoda serves as a link between conventional Ayurvedic medicine and innovative health goods is one of the unique aspects that are examined. The plant skillfully combines the best aspects of both contemporary science and traditional knowledge, meeting the needs of an increasingly health-conscious populace. Its versatility is shown not only by its effectiveness but also by its consumer appeal, which includes its easy accessibility and the delicious flavour of goods infused with lasoda, which makes it a popular component in modern herbal formulations. Lasoda's flexibility goes beyond teas and capsules; it also extends to skincare, offering a comprehensive approach to beauty. After being used for internal health, its qualities are being investigated for their potential to improve herbal skincare products. Lasoda's entry into the skincare market demonstrates their capacity to break beyond conventional norms and embrace the variety of elements that make up contemporary well-being. Essentially, a thorough understanding of Lasoda as a flexible herbal ally<sup>14-17</sup>. Lasoda is a living example of how traditional botanical knowledge may coexist peacefully with the needs of modern health care, as shown by its comeback in modern wellness, its many uses, and its cooperative efforts with other botanicals. The piece encourages readers to recognise Lasoda's adaptation by showcasing how it deftly strikes a balance between tradition and innovation and becomes a major actor in the continuous quest for holistic health.

#### **Nourishing Skin from Within**

In the field of skincare, Lasoda (*Cordia dichotoma*) is a botanical luminary that brings its special contributions to herbal skincare formulations. This is where the pursuit of radiant beauty meets the ideas of holistic well-being. This investigation reveals the complex dance between traditional herbal knowledge and contemporary beauty techniques, as well as the many functions of Lasoda in nourishing the skin from the inside out. Lasoda's complex mix of bioactive components underpins a complicated mechanism that explains its usefulness in herbal skincare. Lasoda's strong antioxidant profile, which includes flavonoids and polyphenols that work as powerful scavengers against free radicals brought on by environmental stresses, is at the forefront of this process. By means of its antioxidative properties, Lasoda aids in the mitigation of premature ageing indicators including wrinkles and fine lines<sup>18-20</sup>. Furthermore, the plant's anti-inflammatory qualities are essential for calming sensitive skin and promoting a healthy complexion. Lasoda has a nourishing impact on the skin by providing necessary nutrients and hydrating the skin, which promotes ideal skin health. Moreover, it is thought that the plant promotes the creation of collagen, which helps to maintain the flexibility of the skin. Its adaptogenic properties treat issues including irritation and greasy skin on a variety of skin types. Beyond these particular processes, the use of Lasoda in herbal skincare products is consistent with sustainability and purity, providing a natural substitute devoid of harsh chemicals. Fundamentally, Lasoda's herbal skincare system offers a comprehensive strategy for nourishing the skin from the inside out by combining ancient herbal knowledge with cutting-edge skincare technologies. Fundamentally, Lasoda's incorporation into herbal skincare is consistent with the holistic philosophy of internal skin nourishment. Lasoda's use in skincare products embodies traditional Ayurvedic concepts, which have long been sensitive to the interdependence of interior health and exterior brilliance. Rich in bioactive ingredients, its leaves, bark, and fruits all combine to a botanical symphony that addresses the skin's underlying sustenance underneath the superficial level of beauty. When the details are revealed, Lasoda's antioxidant-rich profile becomes apparent, providing a built-in defence against environmental

stressors that accelerate the ageing process. As protectors, the polyphenols in Lasoda scavenge free radicals and bolster the skin's tenacity. Because of its antioxidant capabilities, Lasoda is positioned as a comprehensive contributor to skin health rather than just a cosmetic component. Lasoda's versatility is seen in the way it blends in so well with other skincare products. The plant's flexibility is obvious in its ability to address a variety of skin types and issues via its use in creams, serums, masks, and toners. Its calming qualities make it a helpful ally for sensitive skin, and its moisturising qualities enhance the health of the skin as a whole. Additionally, Lasoda's exploration of herbal skincare encourages customers to adopt a more organic and ecological approach to beauty. Lasoda-infused skincare products are free of harsh chemicals and represent a dedication to purity, which is in line with Ayurvedic traditions that place a high value on using nature's gifts for overall well-being<sup>21</sup>.

#### **Beyond the Bark: The Holistic Essence of Lasoda in Ayurvedic Well-being**

Lasoda's essence, in the complex fabric of Ayurveda, embodies the holistic health concept, which recognises the interdependence of the mind, body, and spirit. Beyond the plant's actual bark, Ayurvedic doctors acknowledge Lasoda's holistic benefits and use several parts of the plant, such as leaves and fruits, to maximise its wide range of therapeutic effects. By treating the fundamental imbalances in the body as well as the symptoms, Lasoda embraces the ideals of Ayurvedic well-being. The plant's flexibility and versatility demonstrate its holistic character, which makes it a great tool in Ayurvedic therapies customised to meet the unique constitutions and health demands of patients. Lasoda's many uses demonstrate its capacity to support mental, emotional, and spiritual aspects of wellbeing. The plant's ability to promote harmony and balance is shown by its use in Ayurvedic formulas. The comprehensive nature of Lasoda is in line with Ayurvedic beliefs, which emphasise treating illnesses at their core rather than only treating their symptoms. Its medicinal qualities are used to assist with digestion, strengthen the immune system, and encourage general vigour. Beyond the bark of the plant, we find a complete story in which the ancient knowledge of Ayurveda harmonises with the essence of the plant. It turns into a driving force that inspires people to embrace a bright, well-balanced state of being<sup>22</sup>. The remarkable synergy between nature's gifts and ancient healing traditions is shown by the holistic essence of Lasoda in Ayurvedic well-being, which offers a route towards total health and vigour.

#### **Functional Uses<sup>23</sup>**

- a) **Food:** The young fruits of *Cordia dichotoma* are used both as a vegetable and for pickling. The leaves are purposefully lopped for feed since they are plentiful and nutritious. The seed kernel is a prospective and desirable addition to cow feed since it also has a significant amount of proteins and fatty oils<sup>24, 25</sup>.
- b) **Fuel and Timber:** The tree has practical uses as a supply of fuel wood in addition to its agricultural value. The wood from *Cordia dichotoma* is used to make a variety of farming tools, demonstrating the resource's adaptability<sup>26, 27</sup>.
- c) **Insecticide:** The fruit extract of *Cordia dichotoma* has insecticidal qualities, especially inhibiting *Meloidogyne incognita* larval hatching, providing a natural pest management alternative<sup>28</sup>.
- d) **Pharmaceutical Uses:** Traditional medicine has a long history of using *cordia dichotoma*. Compounds including alpha-amyrin and 5-dirhamnoside have been identified from its seeds, which have anti-inflammatory qualities. The bark is also used medicinally; it contains compounds including beta-sitosterol, allantoin, and 3-(5,5-dihydroxy-4'-methoxy flavanone-7-O-alpha-L-rhamnopyranoside). Additionally, the seed kernel has a number of therapeutic qualities<sup>29, 30</sup>.
- e) **Services as a Boundary or Support:** The fruit tree *Cordia dichotoma* grows quickly and is useful as a natural border or support. Growing well in semi-arid environments, it is appropriate for planting along borders and farm roads, serving environmental and agricultural functions.
- f) **Corrosion Inhibitor:** Research on the prevention of mild steel corrosion has shown that *Cordia dichotoma* extracts, especially the alcoholic extracts, are good corrosion inhibitors and provide a safer substitute for hazardous chemicals.

**Medicinal Uses:** *Cordia dichotoma* has a wide range of medical uses, including the treatment of ulcers and wounds as well as anti-inflammatory, analgesic, antidiabetic, antibacterial, and anti-ageing effects. In conventional medicine, it is used to treat headaches, leprosy, diarrhoea, fever, and dyspepsia. The leaves and stem bark are used in Ayurveda medicine for a variety of diseases, and the extremely mucilaginous fruit is used to cure chest, uterine, and urethral problems as well as coughs.

**Other Uses:** Apart from its main use, *Cordia dichotoma* has other applications. The fruit's gelatinous material is used as glue, and the bast is used to make ropes in the Philippines. The leaves serve as natural wraps when used to prepare fish. The leaves are used in Burma in place of cigar wrapping<sup>6, 31-33</sup>.

**Pharmaceutical Industrial Uses:** Notable uses of *Cordia dichotoma* gum exist in the pharmaceutical sector. The fruit's sticky consistency is used as a tablet binder, indicating that gelatin may face competition in the future for this kind of tablet composition. In addition, *Cordia* gum, which is used as a pharmaceutical excipient, is a promising biodegradable, affordable, and easily accessible emulsifier that presents a sustainable option for the pharmaceutical excipient market.

#### **Biological Activities of Gunda:**

- a) **Acute Toxicity Study:** This research, which was conducted on rats, sought to determine the toxicity of *Cordia dichotoma*. The leaves' methanolic, chloroform, and aqueous extracts were investigated. The large therapeutic window and high therapeutic index found in the studies highlight the great margin of medication safety linked to *Cordia dichotoma* extracts.
- b) **Antiulcer Activity:** In comparison to control groups, the fruit extract of *Cordia dichotoma* showed antiulcer efficacy by lowering gastric secretion volume, free acidity, total acidity, and ulcer index. This implies that it may have use as a therapeutic agent to treat problems associated with ulcers.
- c) **Hepatoprotective Activity:** Male Wistar rats that had heart injury from carbon tetrachloride showed hepatoprotective response to the methanolic extract of *Cordia dichotoma*. The plant extract, which was high in antioxidants and phenolic content, showed promise in preventing liver damage.
- d) **Wound Healing Activity:** *Cordia dichotoma* fruit extract in ethanolic form shown notable wound-healing properties. The fruit has historically been used as a wound-healing agent due to the presence of amino acids, flavonoids, and saponins in it.
- e) **Anti-Inflammatory Activity:** It was discovered that *Cordia dichotoma*'s ethanol extract and aqueous fraction both have immediate anti-inflammatory properties. Alkaloids, glycosides, saponins, tannins, and sugars were found in the plant's seeds.
- f) **Degenerative Disorders:** By functioning as an antioxidant, the methanolic extract of *Cordia dichotoma* seeds and leaves showed promise in the treatment of degenerative diseases. The extract's antioxidants prevent the harm that free radicals inflict, indicating a possible therapeutic utility for oxidative stress-related illnesses<sup>34</sup>.
- g) **Antidiabetic Activity:** In glucose-induced hyperglycemia, the fruit pulp of *Cordia dichotoma* showed anti-hyperglycemic properties in methanol extract. Blood glucose levels significantly decreased, demonstrating its promise for controlling diabetes mellitus<sup>35</sup>.
- h) **Antimicrobial Activity:** The antibacterial potential of *Cordia dichotoma* extract was shown by its moderate effectiveness against bacterial, fungal, and yeast species. Water extracts, however, showed little antibacterial action<sup>36</sup>.
- i) **Reversible Contraceptive Potential:** The use of *Cordia dichotoma* leaves as an ethnocontraceptive was investigated. The research provided insights into its contraceptive qualities by revealing 100% anti-implantation action and demonstrating a reversible contraceptive potential after withdrawal<sup>37</sup>.
- j) **Anti-Implantation and Anthelmintic Activity:** The bark of *Cordia dichotoma* showed anti-implantation action in a methanolic extract. Furthermore, in *Eudrilus eugenieae* earthworms, ethanolic and aqueous extracts demonstrated anthelmintic action, exhibiting concentration-dependent paralysis and mortality<sup>7, 38</sup>.
- k) **Effects on Long-term Hypoperfusion:** Research on *Cordia dichotoma*'s impact on rats' chronic cerebral hypoperfusion revealed that it lessened behavioural, cognitive, and pathological alterations. This implies possible advantages for insufficient blood flow in the brain<sup>39</sup>.

#### **Discussion**

The extraordinary correlation between the pharmacological characteristics of Sleshamatak (*Cordia dichotoma*, also known as Gunda), as discovered via contemporary study, and its traditional applications in ancient writings. The ancient sages had a profound understanding of Sleshamatak's medicinal potential, as evidenced by the diverse therapeutic properties attributed to it in traditional texts. These properties include being an effective cicatrizant, astringent, anti-inflammatory, anthelmintic, antimalarial, diuretic, febrifuge, appetite suppressant, and cough suppressant. The alignment of conventional wisdom with modern scientific discoveries highlights the

profound comprehension of the ancient sages and the lasting significance of conventional medical knowledge. The coherence between historical perspectives and contemporary investigations not only corroborates the traditional applications of Sleshamatak but also provides a sturdy groundwork for its sustained investigation in the realm of herbal remedy. By bridging the gap between evidence-based medicine and traditional traditions, it highlights the enduring value of Sleshamatak in enhancing health and well-being.

### Conclusion

*Cordia dichotoma*, often referred to as Sleshamatak or Gunda, has beneficial therapeutic qualities, including antimalarial and anthelmintic effects. Even though this plant is known to have advantages, not much study has been done on it, so there is a lot of room for investigation. The dearth of thorough investigations highlights the opportunity for scientists to explore the therapeutic potential of *Cordia dichotoma* that has not yet been explored in pharmaceutical sciences and medical research, opening the door to a more thorough comprehension of its many uses.

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