

## **Rawalpindi Medical University Plantation Information**



### **Amaltas**

#### **English Name:**

Golden shower tree

#### **Scientific Name:**

Cassia fistula

#### **Family:**

Fabaceae

#### **Origin:**

Indian subcontinent and adjacent regions of Southeast Asia.

#### **Importance:**

In India, flowers of the golden shower tree are sometimes eaten by people. The leaves have also been used to supplement the diets of cattle, sheep, and goats fed with low-quality forages. In Ayurvedic medicine, the golden shower tree is known as aragvadha, meaning "disease killer". The fruit pulp is considered a purgative. Cassia fistula flower extract displayed an anti-aging properties when introduced to the human skin fibroblast and has a variety of cosmetic and nutritional applications.

#### **Identified by:**

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