

Crataeva religiosa (Sacred Caper)

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Health Benefits:

- **Urinary Health:** Known for its **ability** to manage kidney stones and urinary tract infections (UTIs), Varuna helps in dissolving stones and flushing out toxins through urine.
- **Liver Support:** Promotes liver detoxification by eliminating harmful substances, thereby improving liver function.
- **Digestive Aid:** Alleviates constipation by stimulating bowel movements and enhancing overall digestion.
- **Anti-inflammatory:** Reduces swelling and pain in conditions like arthritis or other inflammatory disorders.
- **Skin Health:** Effective in treating skin diseases like eczema, rashes, and boils due to its antibacterial and soothing properties.



Common Forms of Use:

- **Decoction:** Boiling bark in water yields a solution effective against kidney stones and urinary problems.
- **Powder:** Dried and powdered bark or leaves can be consumed to support digestion and liver health.
- **Paste:** A paste made from bark or leaves is applied externally for treating skin conditions and reducing inflammation.
- **Juice:** Extracted from fresh leaves or bark, the juice is consumed for detoxification and promoting urinary health.

Some important facts:

- **Native Name in Odisha:** Known as "Baruna" in Odia.
- **Found in Odisha:** Commonly found in riverbanks and forested areas of Western Odisha.
- **Precautions:** Not recommended for pregnant women or individuals with low blood pressure.
- **Dosage:** Decoction (10-20 ml daily); Powder (2-3 grams with water).