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Cordia dichotoma





Synonyms

- Hindi: लसोड़ा, लिसोड़ा, गोंदा, छोरा लसोरा
- Gujarati: લસોડા
- English: Indian Cherry, Clammy Cherry, Sebastian tree, Fragrant Manjack

Botanical name

- *Cordia dichotoma*

Family

- Boraginaceae

Chemical Constituents

- Many phytoconstituents have been identified from different parts (especially seeds, fruits, bark, leaves). Key ones include:
- Sterols: β -sitosterol
- Triterpenoids: α -amyrin, betulin, lupeol-3-rhamnoside, etc.

- Fatty acids: palmitic, stearic, oleic, linoleic, arachidic, behenic acids.
- Flavonoids and glycosides: Quercitrin, robinin, rutin, taxifolin-3-5-dirhamnoside, hesperitin-7-rhamnoside, datuscoside, etc.
- Phenolic compounds: Chlorogenic acid, caffeic acid etc.
- Alkaloids, saponins, tannins also present.

Therapeutic Uses

- Antidiabetic Extracts of leaves show in vitro inhibition of α -amylase and α -glucosidase, which suggests help in controlling blood sugar.
- Anti-inflammatory & Analgesic Seed extracts show anti-inflammatory activity; parts used traditionally for pain, swelling etc.
- Anti-ulcer / Gastroprotective There is evidence of anti-ulcer activity; used in folk medicine for digestive disorders, dyspepsia, diarrhoea etc.
- Antioxidant Phytochemicals show antioxidant potential.

- Immune modulation Some reports suggest immune-modulatory effects.
- Other traditional uses for coughs, fever, tooth problems, bleeding disorders, worm infestations etc. Bark, fruit, stem, seed used.

Marketed Preparations

- *Cordia dichotoma* is the active ingredient at specified standardized dosage. But there are herbal / traditional medicinal uses and some Ayurvedic / Unani preparations:
- In Unani medicine, *Cordia dichotoma* fruit (“*Sapistan*”) is a component in *Joshanda*, a compound herbal preparation used in respiratory ailments (e.g. colds, sore throat etc.).
- Ayurvedic herbal formulations refer to *Shleshmatak* / *Shlesmatak* (one of its vernacular names) in classical texts, used for various ailments like respiratory, gastrointestinal etc.