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"Padmak: The Pink Jewel of Himalayas"

Dr. Diksha Bairwan[1]*, Dr. Suresh Chaubey[2], Dr. R.C Tiwari[3], Dr. Aseesh Panday[4]

[1]*PG Scholar, UAU, Rishikul campus Haridwar, Uttarakhand.*
[2]*Professor & H.O.D Department of Dravyaguna, UAU, Rishikul campus, Haridwar, Uttarakhand.*
[3]*Professor & H.O.D Department of Agad Tantra, UAU, Rishikul campus, Haridwar, Uttarakhand.*
[4]*Scientist C, GB Pant National Institute of Himalaya Enviroment, Almora, Uttrakhand.*
Corresponding Author: Dr. Diksha Bairwan

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Abstract- *Prunus cerasoides*, commonly known as *Padmak*, is an important medicinal and ornamental tree of the Himalayan region, belonging to the Rosaceae family. It is widely valued in Ayurveda for its therapeutic properties and is traditionally used by local communities for treating skin disorders, fever, and inflammatory conditions. Its attractive pink blossoms have earned it the title "Pink Jewel of the Himalayas," reflecting both ecological and cultural importance. A systematic field survey was conducted in Himalayan regions to document traditional uses of *Padmak*. Plant samples, particularly heartwood, were collected and subjected to pharmacognostical and phytochemical analysis. Standard procedures were followed for extraction and identification of bioactive constituents. The study revealed that *Padmak* possesses significant therapeutic properties. In Ayurveda, it exhibits *Kashaya* and *Tikta Rasa*, *Sheeta Virya*, and *Katu Vipaka*, helping to pacify *Pitta* and *Kapha* Doshas. Phytochemical screening confirmed the presence of flavonoids, phenolics, and glycosides, contributing to its antioxidant, anti-inflammatory, and antimicrobial activities. *Prunus cerasoides* stands as a valuable medicinal plant that bridges traditional Ayurvedic knowledge with modern pharmacological validation. Its diverse therapeutic potential highlights its importance in developing natural and sustainable healthcare solutions.[1]

Key words- *Padmak*, pharmacognostical, phytochemical, Varnya

I. Introduction

Padmak, scientifically known as *Prunus cerasoides*, is an important medicinal tree of the Himalayan region belonging to the Rosaceae family. It grows at moderate to high altitudes and is well known for its seasonal blooming of delicate pink flowers, which make it visually striking in mountain landscapes. In traditional Ayurvedic medicine, Padmak is considered useful for managing conditions like fever, inflammation, and skin disorders. The bark, leaves, and flowers of the plant are commonly used for therapeutic purposes. Due to its natural healing properties and antioxidant activity, Padmak holds significant value in herbal and ethnomedicinal practices[1,2]

VERNACULAR NAMES[3,4]

English - Himalayan wild cherry, Bird cherry.
Hindi - Padmakastha, Paddam, Phaya, Padamakha, ,

Padmakath, Padamak, Phaja Padamkashtta, Pajja, Paya
Beng. - Padmak, Padmakashtha.
Guj. - Padmakathi, Padmakanu lakadu, Padmakashtha, Padmak.
Kan. - Padamaka,
Mar. - Padmakastha, Padmaka, Padmakasta.
Punj. - Paja, Chabheearce, Amalgnckr, Chamiari, Paddam, Pajja, Pajia.
Tam. - Patumugam.
Assam - Dieng sohiongkrem
Tamil - Padmakashdham.
Tel. - Padmakashthamu.

Methodology- A middle sized or a large tree.

- **Bark:** Smooth, brown, peeling off in horizontal strips, exposing a shining coppery surface beneath.
- **Wood:**
  Sapwood: Whitish and lustrous.
  Heartwood: Reddish-brown, close-grained, moderately hard and strong; durable, resistant to fungi and insects, and takes a good finish.
- **Leaves:** Simple, membranous; ovate-lanceolate to elliptic-lanceolate, 7.5–12.5 cm long; nearly glabrous; margins sharply

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serrate with one or more prominent glands on the petiole; stipules long, 3–5 parted, glandular and fringed.

- **Flowers:** White, pink, or crimson, about 2.5 cm in diameter; borne in umbellate fascicles on peduncles; rich source of nectar and pollen for bees.
- **Fruit (Drupe):** Ovoid to ellipsoid, 1.25–2 cm long; yellow to reddish when ripe; stone rugose, ovoid, wrinkled and furrowed; pulp scanty.
- **Flowering:** October–December
- **Fruiting:** March
- **Pollen:** Grains 3-zonocolporate; colpus broad with pointed ends; endocolpium indistinct; exine thick.

NAMING:[2]

It was named in the honour of David Don, a Scottish botanist of 19th century. (Flora Simelensis, Sir J.D.Hooker)

OFFICINAL PART:

Heartwood, Stem & Seeds (Database vol-8)
Twak & Beejmajja (Dravya guna vigyan; P.V. Sharma vol-2)

Fig1. Flower

Fig2. Leaf

Fig3. Seeds

Fig4. Heartwood

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✓ **Literature Review- (Table1)**[4,6,7,8,10,11,13,15]

Sr. No.	Name of Text	Varga
1.	*Charak Samhita*	*Varnya Mahakasaya* *Vednasthapan Mahakasaya* *Kasaya-skandh*
2.	*Sushrut Samhita*	*Kakolyadi Gana* *Sarivadi Gana* *Guduchyadi Gana*
3.	*Astang Hridaya*	*Pittanasak gana* *Padmakadi gana* *Guduchyadi gana*
4.	*Raj Nighantu*	*Chandanadi varga*
5.	*Dhanvantari Nighantu*	*Chandanadi varga*
6.	*Nighantu Adarsh*	*Padmakadi varga*
7.	*Madanpal Nighantu*	*Karpuradi varga*
8.	*Priya Nighantu*	*Harikyadi varga*
9.	*Kaidev Nighantu*	*Ausadhi varga*
10.	*Bhavprakash Nighantu*	*Karpuradi varga*

Rashapanchak and Doshakarma of Padmak in Nighantu- (Table2)[6,9,10,11,13,15,17]

Nighantu	Rasa	Guna	Veerya	Vipaka	Doshakarma
Dhanvantari Nighantu	*Kashaya*	*Snigdha*	*Sheeta*	—	*Pittahara*
Shodhala Nighantu	—	—	—	—	*Kapha-Pittahara*
Madnapala Nighantu	—	—	*Sheeta*	—	*Pittahara*
Kaiyadeva Nighantu	*Kashaya, Tikta*	*Laghu*	—	*Sheeta*	*Kapha-Pittahara, Vatala*
Raja Nighantu	*Tikta*	*Laghu*	*Sheeta*	—	*Kaphahara*
Bhavaprakasha Nighantu	*Kashaya, Tikta*	*Laghu*	*Sheeta*	—	*Kapha-Pittahara, Vatavardhaka*
Shaligram Nighantu	*Tikta, Kashaya*	*Laghu*	*Sheeta*	—	*Kapha-Pittahara, Vatala*
Nighantu Ratnakara	*Tikta, Kashaya*	*Laghu*	*Sheeta*	—	*Kapha-Pittahara*
Priya Nighantu	*Kashaya, Tikta*	*Laghu*	*Sheeta*	—	*Kapha-Pittahara*

Organoleptic feature of *Prunus cerecoides* Heartwood. (Table3)[5,6,8]

Character	***Prunus cerecoides***
Shape	Cylindrical
Size	Length & Width- 1-2cm pieces
Surface	Smooth & slightly rough
Odour	Faint
Colour	Reddish brown
Taste	No taste

Result & Findings-

- **Physicochemical study-** (Table4)[12,14,20]

Physicochemical Parameter	Values obtained
Foreign matter	Nill
Total ash	0.54%

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Acid insoluble ash	0.38%
Water soluble extractive	30.34%
Alchohol soluble Extractive	15.79%

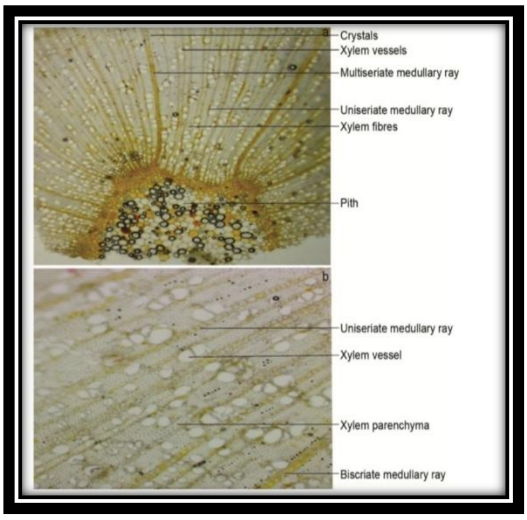

Fig5.Cellular anatomy (T.S) OF Heartwood of padmak

Fig6. Pic of the Heartwood of padmak

- **Phytochemical study (Table5)**

Name of Test	***Prunus cerecoides* Heartwood Hydroalcoholic Extract**
Carbohydrate	
Molisch test	+
Fehling test	+
Benedict test	+
Alkaloid	
Mayer's test	+
Dragendorff test	+
Amino Acid	
Ninhydrin test	+
Protein	
Millon's test	+
Saponin	
Foam test	-
Glycosides	
Borntrager's test	+
Phenolic Compound	
Phenolic test	+
Steroids	
Salkowski test	-
Tannins	
$FeCl_3$ solution test	+
Lead acetate test	+
Flavonoids	
Shinoda test	-
Terpenoids	
Liebermann–Burchard test	+

II. Discussion

The pharmacognostical and phytochemical study of *Prunus cerasoides* (Padmak) reveals the presence of bioactive compounds like flavonoids, tannins, and glycosides, which support its traditional medicinal uses and indicate antioxidant, anti-inflammatory, and cardioprotective properties. These findings validate its importance in Ayurveda, where it is considered a *Pitta-shamak* and *Rakta-shodhak* drug used for blood purification and skin disorders. Its role also aligns with Yoga, as its detoxifying and rejuvenating effects help maintain internal balance and reduce oxidative stress, enhancing overall well-being. Furthermore, Artificial Intelligence (AI) can play a crucial role in analyzing such phytochemical data, predicting therapeutic potential, and accelerating drug discovery from medicinal plants like *Padmak*, thereby bridging traditional knowledge with modern scientific innovation.

III. Conclusion

The study of *Prunus cerasoides* (Padmak) confirms its significant medicinal value through the

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presence of important phytochemicals that support its traditional uses. The findings validate its role in Ayurveda as a natural remedy for maintaining physiological balance and treating various disorders, while its antioxidant properties complement the principles of Yoga in promoting holistic health. Additionally, the integration of Artificial Intelligence offers new opportunities to explore and utilize such medicinal plants more efficiently. Overall, *Padmak* stands as a strong link between traditional healing systems and modern scientific approaches.

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