

“Scientific Perspectives: Pandavara Batti”

As per popular claims, Pandavara Batti was used by Pandavas as Fire Torch (Mashaal) during their Vanvasa in “Mahabharata Period (Kaal)”, hence named as “Pandavara Batti”. Tomentose buds serve as substitute for wick (Batti) in Oil-lamps (Diyas) while leaves can be lighted by applying little oil on apex and still used in many Southern temples. In India, found in Konkan, North Kanara, Western Ghats, Dakshina and Uttara Kannada.

Botanically, the plant is known as *Callicarpa lanata* L. or *C. tomentosa* (L.) L. belongs to the family Lamiaceae. It is about 4-5 m. high, medium size tree with simple green, velvety tomentose, elliptic to ovate leaves of about 10-25 x 5-15 cm. with long pointed apex.

Leaves contain flavonoids, β - sitosterol, maslinic, oleanolic & ursolic acids and their methyl ester, acetates and lupeol etc. and their extract showed significant anti-oxidant activity against various free radicals. When boiled in milk reported to be used for Aphthae of mouth while, juice diluted with milk is reported to be taken orally thrice a day for Fever.

Although the plant travelled a long journey from historic to modern era and may have adapted a lot for survival in changing climate, appropriate place in modern therapeutics is yet to be assigned.

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