

Acacia Concinna

TAXONOMICAL CLASSIFICATION:^[1]

- Kingdom: Plantae
- Order: Fabales
- Family: Fabaceae
- Genus: Senegalia
- Species: *S. rugata*
- Biological synonym – *Acacia Concinna*



INTRODUCTION:^[2-7]

Senegalia rugata, commonly known in India as shikakai, is a spiny climbing shrub native to China and tropical Asia, common in the warm plains of central and south India. It is renowned as a raw material for shampoo, while the leaves and young shoots are often eaten. Archaeobotanical evidence shows its use for hair care in the pre-Harrapan levels of Banawali, some 4500-4,300 years ago. A woody climber, or shrub or small tree up to 5m tall, with numerous spines. Leaves are bipinnate. Cream to pale-yellow flowers, though buds are red to purplish-red and when the flowers are open they appear cream. The seed pods are distinctive, when fresh they are smooth, thick and fleshy however when they dry they become wrinkled, blackish and very hard.

This species is native to Asia, including Zhōngguó/China. Countries and regions to which it is native include: Papua Niugini (Eastern New Guinea); Indonesia (West Papua, Kai Islands, Sulawesi, Nusa Tenggara, Maluku, Jawa, Sumatera); Philippines; Malaysia (Peninsular Malaysia); Thailand; Cambodia; Vietnam; Zhōngguó/China (Guangdong, [[Yunnan]]); Laos; Myanmar; India (Andaman Islands, Assam, Bangladesh, Nepal, East Himalaya).

Chemical constituents in *Acacia concinna* include islupeol, spinasterol, acacic acid, lactone, and the natural sugars glucose, arabinose and rhamnose. It also contains hexacosanol, spinasterone, oxalic acid, tartaric acid, citric acid, succinic acid, ascorbic acid, and the alkaloids calyctomine and nicotine. The fruit of this plant is called shikakai in India. It's known as fruit for the hair and used in traditional shampoo. To prepare the fruit pods for use as a shampoo, the bark and leaves of the plant are first dried. Then the bark and leaves are ground into a fine powder and made into a creamy paste. *Acacia concinna* extracts are used in hair powders and natural shampoos. The pods, leaves and bark of this tree are ground and used as extract or dry powder. The bark of the tree contains high levels of saponins. Saponins are found in many other plant species, but get their name from the soapwort

PROPERTIES AND USES:[8,9,11]

- Ash hair conditioner
- In constipation
- In jaundice
- In wounds
- As astringent
- Purgative
- Liver stimulant
- Improves taste
- In abdominal pain
- In chronic respiratory diseases
- Spermicidal effect
- Anti dandruff
- In skin diseases
- Restrains hair loss
- Anti fungal
- Anti microbial
- Releases stress
- To wash clothes



SIDE EFFECTS OF EXCESS CONSUMPTION:[11]

- Asthma
- Loose stools
- Dry skin
- Gastric problem
- Restlessness
- Oily scalp

DOSAGE:[12]

- Infusion 20-30 ml or as directed by physician.

RESEARCH:

1.The patients treated with Shikekai hair wash showed significant symptomatic relief in scaling, itching,drynessandgreasinessofscalpaftertreatment.Intervalsbetweenscallingalsobecame longer. Hence Pitiriasis capitis can be relieved by Shikekai hair wash.^[10]

Precautions& Warnings:^[12]

1. Pregnancy
2. Breast-feeding

References:

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