

Varuna (*Crataeva nurvula*)

Common Names: Baruna (in ayurvedic medicine), crataeva, three-leaved caper.

Location: Varuna is a large, deciduous tree frequently cultivated in the vicinity of temples in Bangladesh and India.

Description: Growing to a height of fifty feet, it bears pale yellow flowers and a smooth brown bark.

Properties: The leaves are harvested in the spring and the bark is cut year-round for use in herbal medicines.

Uses: Varuna is the primary ayurvedic herb for kidney and prostate problems. It also has been used to fight urinary tract infections. Benefits of varuna for specific health conditions include treatment of the following: benign prostatic hypertrophy (BPH) and kidney stones.

Doses: Varuna can be taken as a tea or as a tincture.

Warnings: Since this herb is most readily available from practitioners of ayurveda, it should be taken according to the directions given by the herbalist or physician recommending it.