

Folklore uses of Date palm

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ABSTRACT

Phoenix pusilla is a dioecious plant, endemic to South India and Srilanka. This plant is usually seen in dry lowlands and ridges. Every part of this tree has application- leaves to make mats, baskets and fans, Seeds to make soap and kohl eyeliner. Seeds are also used as vermifuge with cow milk. Pith is used in the treatment of gonorrhoea, gleet, fractures and as an antidote for snake bite. Roots are antibacterial and used as a disposable toothbrush. Fruits are used in urinary tract infections. Rural community people of Karaikal district found to use the fruits of *Phoenix pusilla* for treating respiratory disorders. In Kerala, dwarf date-palm is also used as an ingredient to prepare the Ayurvedic medicines like: Ashoka Ghrita, Drakshadi Kashayam, Chandanasavam. In general, this plant pacifies vitiated vata, pitta, burning sensation, fever, cardiac debility, peptic ulcer and general weakness.