



Elaeocarpus sphaericus (Gaertn.) Heer

Family: Elaeocarpaceae

Common name: Utrasum-bead tree

Local name: Rudraksha

Importance:

- Fruits are used for mental diseases, epilepsy, asthma, hypertension, arthritis and liver diseases.
- Used to cure mental anxiety, heart problem and eye problem.
- It cools down the body temperature and brings calm to mind.
- Imposes positive effect on stress, anxiety, depression, palpitation and lack of concentration.