



**Sri Satya Sai Murlidhar Ayurvedic College & Hospital**  
**Moga (Punjab) -142001**  
**LOBAN**

**Botanical name-** *Styrax benzoin*

**Family** –Styracaceae

**Morphology** –

Its tree is small. Leaves are oval, long-tipped, hairy on the undersurface. Flowers are axial, solitary or in bunches. Pedicel and sepals are densely white-haired. Internode is inch long. Fruits are of inch diameter, spherical, covered with dense white hair.

Its extract is white like gum of acacia, or reddish, shiny like pearl, granular or painted in the shape of almond or cowrie. Its pieces stick to each other. It is called Sumatra benzoin or cowrie Loban. The other species is Siam Loban which comes from the tree *Styrax tonkinensis* (Picne) Craib ex Hartwich) found in Siam (Thailand).

**Prashasta Loban** - Loban that breaks easily. It becomes soft with heat and then starts burning. It has no special taste and the smell is sweet. Siamese Loban is considered to be the best.

**Habitat** –

It is found in Thailand, Java and Sumatra. The extract is obtained by making an incision in the bark of the tree. Trees aged 6 to 16 years give extract. About 10 kg of Loban is obtained from one tree every year.

**Chemical Composition** –

It contains three resins (benzoic acid, 12 to 20 percent cinnamic acid and vanillin) and a volatile oil.








**Rasapanchaka**

Guna –Ruksha, Laghu, Tikshana  
Vipaka- Madhura









Rasa- Madhura, Tikta  
Virya – Ushna

**Pharmacological actions** –

1. Antiseptic: Prevents infections.
2. Antimicrobial: Inhibits bacterial and fungal growth.

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3. Expectorant: Helps expel mucus from the respiratory tract.
  4. Anti-inflammatory: Reduces swelling and pain.
  5. Aromatic: Soothes the mind and promotes relaxation.
  6. Wound Healing: Facilitates the repair of damaged tissues.
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#### **Therapeutic Uses –**

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1. Respiratory Disorders: Beneficial in asthma, bronchitis, and cough due to its expectorant properties.
  2. Skin Disorders: Used in conditions like wounds, ulcers, and skin infections for its antiseptic and healing properties.
  3. Stress and Anxiety: Its fragrance calms the mind and alleviates stress.
  4. Musculoskeletal Pain: Applied topically for relief in rheumatic and joint pain.
  5. Digestive Issues: Helps in colic and abdominal discomfort when used in formulations.
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**Part used - Niryasa**

**Dose – Powder – ½ to 1 gm**

**Note –**



Styrax benzoin should be used with caution in pregnant or lactating women and should be administered under expert supervision when used medicinally. Prolonged exposure to its fumes in closed spaces should also be avoided.

