

Sagar Upvan Botanical Garden

The Sagar Upvan Botanical Garden has an area of approximately 46,000m² and over 500 species of plants. Located in Colaba, close to the Colaba Bus Station, it is owned by the Mumbai Port Trust. This botanical garden, which the Mumbai Port Trust 2020-2021 administration report claims houses over 1000 trees and 3000 bushes, was originally a dumping ground that was transformed in around 2000. Sagar Upvan has been the recipient of National Council for Friends of Trees competition awards!

A view of the Arabian Sea, long pathways for joggers and a replacement of traffic sounds and concrete buildings with sparrow calls and heritage trees make Sagar Upvan special.

Bael Tree



Common names: Bael, Bel, Golden apple, Stone apple, Bilva, Bengal quince

Scientific name: *Aegle marmelos*

Sacred to Hindus due to its trifoliate leaf which is believed to symbolise Brahma, Shiva, and Vishnu, Bael has big, yellow fruits and greenish white fragrant flowers that grow in clusters. The pulp of the fruit is eaten by animals like deer, pigs, and monkeys, and used for sherbets and chutneys. The fruit, bark, and leaves are used in Indian traditional medicine. The fruit is used for diarrhea, dysentery, and ulcers. The twigs are used to clean teeth. The tree has antibacterial, antioxidant, antiviral, and cardioprotective properties, to name a few.

Mahua



Common names: Mahua, Mahula, Mowra Buttertree

Scientific name: *Madhuca longifolia*

This is a key forest tree mainly found in forests in central, western and eastern India, and it is large and deciduous. The flowers are white, with a distinctive scent. The tree is a valuable source of income in rural India, particularly for tribal communities. A tree can yield as much as 300 kg of flowers every season, which are eaten raw, incorporated in tribal dishes or even

distilled to make mahua liquor. The seed oil can be used to make soaps. The tree's value means it is worshipped through Adivasi culture and Gond mythology, playing a significant role in both artwork and music and is protected by tribal communities: it is rarely cut down.

Mahua liquor was banned by the British Raj since it was considered dangerous for public morality and to increase the sales of government alcohols. Moreover, in 1892, even the sale of Mahua flowers was banned. The prohibition of Mahua liquor remained intact even after Independence. Only now is there growing awareness and appreciation of Mahua liquor and how its sale benefits tribal communities and forest dwellers.

Sita Ashok

Common name: Sita Ashok

Scientific name: *Saraca asoca*

The 'sorrowless tree'



Check out our "Iconic Species" section to learn more about this tree.

Mehendi Tree

Common names: Mehndi tree, Mignonette tree, Henna

Scientific name: *Lawsonia inermis*



The tree has been used for its decorative and medicinal purposes for a long time in places like India, Pakistan, and Africa. The dried leaves are used to make a paste for decorating the bride during marriage ceremonies. Henna is shown to possess antioxidant, antiulcer, anticancer, antiparasitic, antidiabetic activity, and is used to treat leprosy, skin diseases, jaundice, hair loss, etc.

African Tulip Tree

Common name: African tulip tree, African flame tree
Scientific name: *Spathodea campanulata*



Check out our "Iconic Species" section to learn more about this tree.

Samudraphal

Common name: Samudraphul, Samudraphala,
Fish poison tree
Scientific name: *Barringtonia asiatica*



Check out our "Iconic Species" section to learn more about this tree.

Kamini Tree

Common name: Kamini, Orange Jessamine,
Satinwood, Marchuli, Mock Orange
Scientific name: *Murraya paniculata*



Kamini is a small evergreen tree with fragrant white flowers and red oblong berries. The tree is used medicinally– for diarrhea, wounds, and cleaning teeth.

Golden Trumpet Tree



A page about this tree will be coming soon in the Iconic Species section!

Bauhinia



“Bauhinia” was named after twin brothers and botanists John and Gaspard Bauhin, in reference to the twin lobed leaves of the trees.

Check out our “Iconic Species” section to learn more about this tree.