



Scientific Name	<i>Elaeocarpus serratus</i> L.
Common Name	Ceylon olive, Rudraksham, Belfoi
Family	Elaeocarpaceae
Plant Description	<p>Ceylon Olive is a tree, up to 20 m high, aerial roots on large buttresses; bark 8-10 mm thick brown, mottled with grey; blaze red. Branchlets, leaf-stalks, flower-cluster-stalks and young leaves are densely velvet-hairy. Leaves are simple, alternate; leaf-stalk 15-40 mm, slender, velvet-hairy, swollen tipped, with 2-minute glands at tip; blade 5-14 x 2-6.2 cm, elliptic-obovate or elliptic ovate, base pointed or wedge-shaped, tip pointed, caudate-tapering or bluntly tapering, margin rounded toothed-saw-toothed, hairless, leathery; lateral nerves 3-8 pairs, pinnate, prominent, intercostal net veined, slender, prominent, domatia glandular. Flowers bisexual, white, in leaf-axils racemes to 8 cm long; sepals 5, ovate, velvet-hairy on outside, densely glandulose, valvate; petals 5, lacinate, inserted round the base of</p>

	<p>glandular disc; stamens many, inserted between the glands on the disc; anthers not awned, tipped with hairs; ovary superior, densely woolly, raised on torus, 3-celled, ovules 2 in each cell; style subulate, entire. Fruit a drupe, subspherical, green, style persistent; stone tubercle; seed one. Ceylon Olive is found in Indo-Malesia.</p>
<p>Distribution</p>	<p>The species has a disjunctive distribution, it is native to an area of southern and southwest India and Sri Lanka, and to an area from Assam, northeast India, to Bangladesh. Countries and regions in which it is indigenous to are: Sri Lanka; India (Tamil Nadu, Karnataka, Kerala, Assam, Arunachal Pradesh); Bangladesh. It has been introduced/naturalised to Reunion and Mauritius. It is widely available in the villages of West Bengal also. It is called 'Jalpai' and people eat it raw or make chutney, Jalpai ambal, or make Achar also. The <i>weibellii</i> variety is native to Karnataka and Kerala in southwest India.</p>

<p>Uses</p>	<p>Ornamental plant in gardens and parks. Timber (strong and durable). Leaves for natural dye. Fruits for making sweet syrup. Commonly eaten fruit. Folk medicinal purposes (anti-diarrheal, analgesic, antidiabetic, and anti-arthritis activity). The fruits are high in starch and sugar and have low amounts of protein and iron. It may help treat diarrhoea due to its constipating effect. In Sri Lanka pickled Ceylon Olives are eaten as popular street food.</p>
<p>Flowering and Fruiting Time</p>	<p>Flower blooms in June-July. Fruit is a drupe, sour, bronze-coloured, about 2.5 cm long. Fruit matures in August-September. Propagation of the plant is caused by seeds. It is planted in gardens and villages for its fruits.</p>