# Betel Nut

*Areca catechu*

**Code:** XIM-T-045 **Location:** XIM University Campus **Local / Vernacular name:** ଗଞ୍ଜା/ସଢୁଆଁ

## Description

XIM University campus biodiversity register (2026–27). Recorded individuals: 2; abundance rank: 38.

## Botanical Details

Leaf habit: Evergreen Flowers / Fruits: The betel nut tree produces small, creamy-white flowers arranged in large branched inflorescences at the base of the leaves. These flowers are fragrant and attract pollinators. The fruit is an oval to round drupe, green when unripe and turning orange or red when mature. Inside the fruit is the hard seed known as the betel nut, which is chewed either fresh or dried. Native range: Areca catechu is native to South and Southeast Asia, including India, Sri Lanka, Malaysia, Indonesia, and the Philippines. It thrives in warm, humid regions with well-drained soil. Due to its economic and cultural value, it has been widely cultivated in tropical regions around the world

## Uses & Importance

**Ecological:** Areca catechu is a structural pillar in tropical agroforestry and home gardens, providing a vertical dimension that maximizes space in multi-tier farming systems. The tree functions as a critical shelter and nesting site for a variety of tropical birds and small mammals. Its fragrant, creamywhite flowers are a rich source of nectar, supporting local pollination networks by attracting honeybees and other beneficial insects. Beneath the surface, the tree's extensive fibrous root system plays a vital role in soil conservation; these roots bind the earth tightly, making the palm excellent for preventing soil erosion along slopes and embankments. By maintaining year-round green cover , the Areca palm regulates the microclimate, increasing local humidity and providing filtered shade that protects smaller, sensitive crops from the direct tropical sun. The fruits, while primarily harvested by humans, are also consumed by specific wildlife, aiding in natural seed dispersal and supporting the biological diversity of the forest floor .

**Medicinal:** In the ancient healing traditions of Ayurveda, Siddha, and Unani, the Areca nut has been valued for centuries for its stimulant and therapeutic properties. The seeds are rich in alkaloids— primarily arecoline—which act as a digestive aid and a potent anti-parasitic agent, traditionally used to expel intestinal worms. Its antimicrobial properties are utilized in traditional oral care to strengthen gums and freshen breath. However, modern medical research has introduced a critical perspective; while it possesses stimulant effects that combat fatigue, excessive or

chronic consumption is strongly linked to oral health risks and other systemic issues. Therefore, its medicinal application today is highly specific and approached with professional caution. Despite these warnings, it remains a foundational element in many traditional powders and tonics designed to improve appetite and manage minor digestive distress, provided it is used in regulated, traditional dosages.

**Cultural:** The betel nut tree holds deep cultural and social importance in South and Southeast Asia. Chewing betel nut wrapped in betel leaf is a traditional practice in many communities and is associated with hospitality, social bonding, and ceremonial occasions. The nut is used in weddings, religious rituals, and festivals as a symbol of prosperity and respect. In many cultures, offering betel nut is a sign of goodwill.

## Location

GPS: 20.15860192, 85.76535449

Directions: https://www.google.com/maps/dir/?api=1&travelmode=walking&destination=20.15860192%2C85.76535449