It's tall breathing roots (pneumatophores) represent its resilience to climate change and sea level rise.

The Species *Sonneratia alba* has been honoured with the title of 'State Mangrove Tree' of Maharashtra as a symbol of conservation .It is found along wetlands in Thane creek, Bhandup, Vasai and Dombivli along major mudflats.

Sonneratia species is one of the pioneering species of a mangrove swamp with *Sonneratia alba* being the most seaward species thus, inundated daily.

An evergreen tree with a broad, rather lax crown; it can grow from 3 - 15 metres tall.It is surrounded by thick, blunt pneumatophores – these can vary in size from 30 - 100 cm tall

Its fruits are hard, fleshy berries that are round and flattened.Fruit is eaten raw or cooked.
Used to soothe coughs and treat digestive issues. The fruits are also made into a poultice and are used topically on skin irritations, insect bites, and bruises. It is also fermented to make medicine used to slow bleeding.

Its white petaled flowers bear numerous white stamens which give it a powder-puff like appearance with a size of 4–6 cm blooming in the night and pollinated by the bats. It also gives a strong pungent smell like sour-milk.

Sonneratia alba
"The Mangrove 🍎"

Plantae(Kingdom)
Viridiplantae (Subkingdom)
Tracheophyta (Division)
Spermatophytina (Subdivision)
Magnoliopsida (Class)
Rosanae (Superorder)
Myrtales (Order)
Lythraceae (Family)
Sonneratia (Genus)
Sonneratia alba (Species)

Possess a diverse class of bioactive secondary metabolites, which have bioactive characteristics. They have antibacterial, antifungal, antiprotozoan, antiinflammatory, molluscicidal, anticancer, antiviral, antihelminthic, and laxative, properties

Prefers a heavy soil, but tolerates most soil types. Grows in areas that are inundated by salt water at high tides. Prefers a pH in the range 6.7 - 7.3, but tolerates 6.5 - 7.5. Plants are tolerant of strong, salt-laden winds

Source:Tropical Plants Database, Ken Fern, Canva

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