

Neem, also known as *Azadirachta indica*, is an evergreen tree native to India and Southeast Asia. It has been used in traditional medicine for centuries for its various medicinal properties.

Neem leaves are the most commonly used part of the tree and are known for their:

- **Antibacterial properties:** Neem leaves contain compounds that can kill bacteria, making them effective for treating skin infections, wounds, and acne.
- **Antifungal properties:** Neem can also combat fungal infections such as ringworm and athlete's foot.
- **Anti-inflammatory properties:** Neem leaves can help reduce inflammation and swelling, making them beneficial for treating conditions like arthritis and psoriasis.
- **Antioxidant properties:** Neem is rich in antioxidants, which can protect cells from damage and may help reduce the risk of chronic diseases like cancer and heart disease.
- **Blood sugar-lowering properties:** Some studies have shown that neem may help lower blood sugar levels, making it potentially beneficial for people with diabetes.

Neem oil is extracted from the seeds of the neem tree and is also used for its medicinal properties. It is commonly used for:

- **Skin conditions:** Neem oil can be applied topically to treat skin conditions like eczema, psoriasis, and acne.
- **Insect repellent:** Neem oil is a natural insect repellent that can be used to keep mosquitoes, ticks, and other insects at bay.
- **Hair care:** Neem oil can be used to treat dandruff and lice.

Neem bark is also used in traditional medicine for its:

- **Astringent properties:** Neem bark can help tighten and tone the skin.
- **Digestive properties:** Neem bark may help relieve stomach upset and indigestion.

It is important to note that neem can have side effects, especially when taken in high doses or for long periods. These side effects can include:

- Stomach upset
- Diarrhea
- Vomiting
- Kidney damage
- Liver damage

Neem is not recommended for pregnant or breastfeeding women.

If you are considering using neem, it is important to talk to your doctor first to make sure it is safe for you.

I hope this information is helpful. Please let me know if you have any other questions.