{Jambira}

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{Citrus limon}

{Rutaceae}

|  |  |
| --- | --- |
| Tamil | {எலுமிச்சை } |
| Malayalam | {Cherunaranga} |
| Hindi | {Nimbu} |
| English | {Lemon} |

Description

{Small thorny tree with fragrant white flowers and yellow, sour fruits.}

Useful Parts

{Fruit, juice, rind, seeds}

Benefits

1. {Improves digestion and relieves nausea.  
     
   Acts as Deepana (appetizer) and Pachana (digestive).  
     
   Useful in Kapha disorders, cough, and throat irritation.  
     
   Natural source of Vitamin C – boosts immunity.  
     
   Helps in detoxification and reducing skin blemishes.}

Pharmacological Action

* {Deepana ,pachana,ruchikara,kasahara }

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Amla,madhura} |
| Guna | {Laghu,snigdha} |
| Virya | {Ushna} |
| Vipaka | {Amla} |
| Karma | {Kapha vatahara} |