{Jambu}

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{Eugenia jambolana}

{Myrtaceae}

|  |  |
| --- | --- |
| Tamil | {நாவல்} |
| Malayalam | {Naval} |
| Hindi | {Jaman} |
| English | {Black plum} |

Description

{Medium to large evergreen tree with glossy leaves, white fragrant flowers, and purple-black edible fruits}

Useful Parts

{Beeja,phala,twak,patra}

Benefits

1. {Controls diabetes, improves digestion, acts as blood purifier, beneficial in diarrhea, dysentery, excessive thirst, and skin disorders.}

Pharmacological Action

* {Anti diarrhoeal,antidiabetic,anti inflammatory,anti viral,anti pyretic}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Kashaya madhura amla} |
| Guna | {Laghu,ruksha} |
| Virya | {Shita} |
| Vipaka | {Katu} |
| Karma | {Kapha pitta shamaka } |