{Jatiphala}

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{Myristica fragrans Houtt}

{Myristicaceae}

|  |  |
| --- | --- |
| Tamil | {Jathikkai} |
| Malayalam | {Jaikaya} |
| Hindi | {Jaiphal} |
| English | {Nutmeg} |

Description

{Nutmeg (Jatiphala, Myristica fragrans) is an evergreen tree of the family Myristicaceae, cultivated both as a spice and medicinal plant.  
  
Habitat: Native to the Banda Islands of Indonesia, but now extensively cultivated in Kerala, Tamil Nadu, and parts of Karnataka. It requires a hot, humid climate with well-drained loamy soil.  
  
Morphology: A medium-sized evergreen tree, reaching up to 20 m. Leaves are simple, alternate, elliptic-lanceolate, dark green, and glossy. Flowers are small, pale yellow, and dioecious. The fruit is a fleshy drupe, yellow when ripe, splitting to expose a dark brown seed (nutmeg) enclosed in a bright red aril (mace).  
  
Grahya Lakṣaṇa: Best quality nutmegs are heavy, aromatic, oily to touch, and sink in water. They should not be light, shriveled, or worm-eaten. The aril (mace) should be bright red and fragrant.}

Useful Parts

{Seed,Aril}

Benefits

1. {  
   1. Digestive aid – Stimulates appetite, improves digestion, and reduces flatulence, diarrhea, and colic.  
   2. Nervine tonic – Mild sedative action, useful in insomnia, anxiety, and mental fatigue.  
   3. Aphrodisiac – Traditionally used to improve sexual vigor and treat premature ejaculation.  
   4. Respiratory support – Beneficial in cough, cold, asthma, and bronchitis due to expectorant action.  
   5. Pain relief – External application of nutmeg paste relieves headaches, joint pain, and muscular pain.  
   6. Oral health – Chewing nutmeg improves breath, prevents toothache, and reduces gum inflammation.  
   7. Skin health – Used in traditional remedies for pimples, blemishes, and scars.  
   8. Cardiac stimulant – Enhances circulation and strengthens heart function.}

Pharmacological Action

* {Aphrodisiac,stomachic, stimulant, Analgesic, Appetizer,Digestant,carminative, Astringent,Anthelmintic}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Katu,Tikta,Kashaya} |
| Guna | {Laghu, Snigdha, Tikshna } |
| Virya | {Ushna} |
| Vipaka | {Katu} |
| Karma | {Kaphavatashamaka} |