

Amra

Botanical name: Mangifera indica.

Family : Anacardiaceae

Synonyms:

synonyms of Mangifera indica are Mangifera amba Forssk, Mangifera equina Crevost & Lemarié, Mangifera gladiata Bojer, Mangifera kukulu Blume, Mangifera laxiflora Desr., and many more.

Vernacular name

English : Mango tree

Hindi : Aam

Kannada : Mavina mara

Marathi : Aamba

Classification

Kingdom : Plantae

Class : Dicotyledons

Order : Sapindales

Family : Anacardiaceae

Genus : Mangifera

Species : indica

Habitat

Mango trees grow best in lowland tropical forests but can grow in altitudes up to 1200 meters. The tree also thrives where a rainy season and a dry season are clearly present.

Morphology

The mango tree is an evergreen tree of varying size and shape. It has a deep taproot and profuse surface roots. The tree is evergreen, often reaching 15–18 metres (50–60 feet) in height and attaining great age. The simple leaves are lanceolate, up to 30 cm (12 inches) long.

Useful part

The major parts of the plant that used to make medicines include the fruit, seed, stem, bark, root, pulp as well as the leaves.

Chemical composition

It contains saponins, triterpenes, hydrocarbons, xanthones, phenolics, chromones, fatty acids and essential oil. It also contains Vitamin A as well as Vitamin C.

Pharmacological Action

The plant has the capacity to relieve dysentery, diarrhea, asthma, cough, bronchitis, hypertension, insomnia, anemia, rheumatism, hemorrhage, piles and leucorrhoea.

Formulations

Amra Swarasa, Amra Churna, Amra Taila, Amra Avaleha

	Pakwa Phala (RipenFruit)	ApakwaPhala (Unripenfruit)	Twak (Bark)
Rasa	Madhura	Amla	Kasaya
Guna	Guru, Snigdha	Laghu, Ruksa	Laghu Ruksa
Vipaka	Madhura	Amla	Katu
Virya	Sita	Sita	Sita