

# Amruda

- **Botanical Name:** *Psidium guajava* Linn.
- **Family:** Myrtaceae
- **Synonyms:** Amrutaphala, Perukam, Madhuphalam
- **Vernacular Name:** Commonly known as "Guava" in English, "Amrud" in Hindi, and "Perakka" in Malayalam.
- **Classification:** A small evergreen tree or shrub belonging to the Myrtaceae family.
- **Habitat:** Native to tropical America but widely cultivated in tropical and subtropical regions, including India. It thrives in well-drained soils and warm climates.
- **Morphology:** A small tree, 3–10 meters tall, with smooth, flaky bark. The leaves are simple, opposite, and oblong. The flowers are white with numerous stamens, and the fruit is a round or oval berry with a yellowish-green or pinkish skin and numerous seeds.
- **Useful Parts:** Fruits, leaves, bark, and roots.
- **Chemical Composition:** Contains vitamin C, pectin, carotenoids, flavonoids, tannins, and essential oils. The leaves are rich in quercetin and guaijaverin.
- **Pharmacological Action:** Known for its antimicrobial, antioxidant, anti-inflammatory, antidiabetic, and astringent properties. It is used in treating diarrhea, dysentery, wounds, and skin infections.
- **Formulation:** Used in Ayurvedic preparations like Amrutadi Churna and herbal teas for digestive health.

**Rasa:** Madhura , Amla

**Guna:** Snigdha , Guru

**Virya:** Ushna

**Vipaka:** Madhura