

# Kinnow

- **Botanical Name:** *Citrus reticulata*
- **Family:** Rutaceae
- **Synonyms:** Kinnow, Willow Leaf Mandarin
- **Vernacular Name:** Commonly known as "Kinu" or "Kinnow" in Hindi and English.
- **Classification:** A hybrid citrus fruit tree belonging to the Rutaceae family.
- **Habitat:** Native to California, USA, but widely cultivated in India, especially in Punjab, Haryana, and Rajasthan. It thrives in tropical and subtropical climates with well-drained soils.
- **Morphology:** A medium-sized tree with a dense canopy. The leaves are glossy, dark green, and lanceolate. The flowers are small, white, and fragrant. The fruits are round to slightly flattened, with a bright orange peel and juicy, sweet-tart pulp.
- **Useful Parts:** Fruits (primarily).
- **Chemical Composition:** Rich in vitamin C, flavonoids, essential oils, and antioxidants. The peel contains limonene and other aromatic compounds.
- **Pharmacological Action:** Known for its antioxidant, immune-boosting, and digestive properties. It is used in improving skin health, digestion, and overall immunity.
- **Formulation:** Consumed fresh as fruit or juice. The peel is used in essential oils and traditional remedies for its aromatic and medicinal properties.

**Rasa:** Amla , Madhura

**Guna:** Snigdha , Laghu

**Virya:** Ushna

**Vipaka:** Madhura