

Jamun

- **Botanical Name:** *Syzygium cumini* (L.) Skeels
- **Family:** Myrtaceae
- **Synonyms:** Jambu, Jambolana, Jambul, Malabar Plum
- **Vernacular Name:** Commonly known as "Jamun" in Hindi, "Java Plum" in English, and "Naval Pazham" in Tamil.
- **Classification:** A large evergreen tropical tree belonging to the Myrtaceae family.
- **Habitat:** Native to the Indian subcontinent and Southeast Asia. It thrives in tropical and subtropical climates and is often found in forests, riverbanks, and cultivated lands.
- **Morphology:** A tall tree, growing up to 30 meters, with a dense canopy of glossy, dark green leaves. The bark is rough and greyish-brown. The flowers are small, greenish-white, and fragrant, while the fruits are oblong, dark purple to black, with a sweet and astringent taste.
- **Useful Parts:** Fruits, seeds, leaves, bark, and roots.
- **Chemical Composition:** Contains tannins, anthocyanins, flavonoids, ellagic acid, gallic acid, and essential oils. The seeds are rich in jambosine and alkaloids.
- **Pharmacological Action:** Known for its antidiabetic, antioxidant, antimicrobial, anti-inflammatory, and astringent properties. It is used in managing diabetes, digestive disorders, and skin ailments.
- **Formulation:** Used in Ayurvedic preparations like Jambavasava, Jamun Seed Powder, and herbal teas for diabetes management and digestive health.

Rasa: Kasaya, Madhur, Amla

Guna: Laghu, Ruksha

Virya: Sheeta

Vipaka: Katu