

Nashpati

- **Botanical Name:** *Pyrus communis*
- **Family:** Rosaceae
- **Synonyms:** European Pear, Common Pear, Asian Pear
- **Vernacular Name:** Commonly known as "Nashpati" in Hindi and "Pear" in English.
- **Classification:** A deciduous fruit tree belonging to the Rosaceae family.
- **Habitat:** Native to temperate regions of Europe and Asia. It is widely cultivated in India, especially in Himachal Pradesh, Jammu and Kashmir, and Uttar Pradesh. It thrives in well-drained soils and cooler climates.
- **Morphology:** A medium-sized tree, growing up to 10–17 meters in height. It has ovate, glossy green leaves and white flowers with five petals. The fruits are round to oblong, with smooth or slightly rough skin, and vary in color from green to yellow or red.
- **Useful Parts:** Fruits (primarily).
- **Chemical Composition:** Rich in dietary fiber, vitamins (especially vitamin C), antioxidants, and minerals like potassium and magnesium. The fruit also contains phenolic compounds and flavonoids.
- **Pharmacological Action:** Known for its antioxidant, anti-inflammatory, and digestive properties. It helps in improving gut health, boosting immunity, and reducing the risk of chronic diseases.
- **Formulation:** Consumed fresh as fruit or juice. It is also used in jams, jellies, and traditional remedies for digestive health.

Rasa: Madhura

Guna: Snigdha, Guru

Virya: Sheeta

Vipaka: Madhura