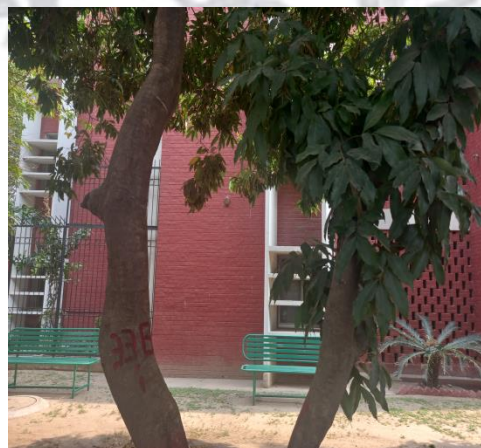




Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Litchi chinensis</i> Sonn.
COMMON NAME	Lychee
FAMILY	Sapindaceae



DISTRIBUTION India, Northern China, Southern Vietnam and Cambodia

FUN FACT Lychee trees are cultivated for its fruit. The lychee fruit is sweet and best eaten in raw form. It is also grown as an ornamental tree.

COMMON USES

1. It has been widely used in many cultures for the treatment of cough, flatulence, stomach ulcers, diabetes, obesity, testicular swelling, hernia-like conditions, and epigastric and neuralgic pains. It is widely used for treatment of stomach ulcers, cough, diabetes, obesity, flatulence, epigastric and neuralgic pains.
2. It also helps in lowering blood sugar levels.
3. Lychee fruit besides being eaten raw, the pulp is used to flavor dairy desserts, drinks, ice creams, yogurt etc.

However, it must be consumed for the above mentioned purposes under medical supervision only.

REFERENCES

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