



# Mehr Chand Mahajan DAV College for Women

## Sector 36-A, Chandigarh

<b>BOTANICAL NAME</b>	<i>Mangifera indica</i> L.
<b>COMMON NAME</b>	Am, Aam, Amb, Mango
<b>FAMILY</b>	Anacardiaceae



### DISTRIBUTION

This tree is extensively found in South Asia. India is the prominent producer of mango in the world and produces around 24.7 million tons of mangoes annually.

### FUN FACT

*Mangifera indica* (MI), also known as mango/aam, is an important herb that has been used in the Ayurvedic and indigenous medical systems for more than 4000 years. Mangoes belong to genus *Mangifera* comprising about 30 species of tropical fruiting trees in Anacardiaceae family.

### COMMON USES

- 1) Mango is considered the king of fruits.
  - 2) The fumes of the burning leaves are inhaled for getting relief from hiccups.
  - 3) Parts of the mango tree are used as tonic, antiseptic and astringent, it is also said to have laxative and diuretic properties. It also helps in treating other stomach diseases like dysentery and diarrhoea.
  - 4) Mango tree parts are helpful in anaemia, asthma, bronchitis, cough, hypertension and curing insomnia.
  - 5) It is used to treat snakebites, stings, and blisters, rabid dogs,
- However, the above mentioned information must be used under medical supervision only.

### REFERENCES

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249901/>
- 2) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3249901/#:~:text=Various%20parts%20of%20plant%20are,%2C%20leucorrhoea%2C%20haemorrhage%20and%20piles.>
- 3) [http://www.efloras.org/florataxon.aspx?flora\\_id=5&taxon\\_id=200012696](http://www.efloras.org/florataxon.aspx?flora_id=5&taxon_id=200012696)