



Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Psidium guajava</i> L.
COMMON NAME	Amrood, Guava
FAMILY	Myrtaceae



DISTRIBUTION	Asia, Mexico, Central America, Northern South America.
FUN FACT	Powder of guava fruit with buttermilk if consumed twice a day for 15 days, cures diabetes.

COMMON USES	<ol style="list-style-type: none">1) The fruit is used for high blood pressure2) People use guava leaves for stomach related problems and intestinal conditions, and wound healing.3) The fruit is eaten fresh or is made into beverages, jams, and other foods4) Guava leaf extract is also thought to help relieve uterine cramps5) It is a traditional and most common remedy for gastrointestinal infections. However, medical supervision is a must before using it for medical purpose.
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REFERENCES	<ol style="list-style-type: none">1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5628524/#:~:text=Although%20guava%20has%20a%20number,the%20world%20for%20these%20ailments.2. https://www.webmd.com/vitamins/ai/ingredientmono-1133/guava#:~:text=The%20fruit%20is%20commonly%20eaten,used%20for%20high%20blood%20pressure.
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