



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

BOTANICAL NAME	<i>Syzygium cumini</i> (L.) Skeels
COMMON NAME	Malabar Plum, Jamun, Jambolan, Black Plum, Java Plum, Indian Blackberry, Portuguese Plum
FAMILY	Myrtaceae



DISTRIBUTION	India, Bhutan, Indonesia, Laos, Malaysia, Nepal, Sri Lanka, Thailand, Vietnam and Australia.
FUN FACT	Its fruits are called “Fruit of the Gods” as according to the Puranas Lord Rama, survived on Jamun in 14-year exile in the forest. Temples of Shri Ram often have Jamun trees within their fruits are used as offerings.
COMMON USES	<ol style="list-style-type: none">1. The extract of Jamun seeds on stomach ulcers has been experimented and examined on animals2. Jamun seeds extract reduces hydrochloric acid and pepsin formation in the stomach while on the other hand increases gastric mucosal glycolproteins production3. The anti-diarrhoeal properties of Jamun’s bark have also been observed.4. The seeds extract reduces the frequency and moisture of stools and faecal droppings <p>(Information to be used only under medical supervision)</p>
REFERENCES	<ol style="list-style-type: none">1. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3609276/2. https://www.researchgate.net/publication/276541457 Jamun <i>Syzygium cumini</i> L A Review of Its Food and Medicinal Uses3. https://www.researchgate.net/publication/236141326 <i>Syzygium cumini</i> L Skeels A review of its phytochemical constituents and traditional uses4. https://powo.science.kew.org/taxon/urn:lsid:ipni.org:names:601603-1