



RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN

## Medicinal Properties of Campus Greenery

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1.



कूर्ची Kurchi

'इन्द्रघोषस्त्वा अभ्यावर्त्तस्व धत्ते यज्ञेन पयसा  
सह। सं ते पयांसि समुयन्तु वाजाः सं  
वृष्णान्यभिमातिषा अमृताय सोम वत्सो यमत्  
परमार्चित् सधस्तात्।'  
(Atharbaveda,377/22/52)

It is an old Indian medicine that belongs to Apocynaceae family and its common name is "**Kurchi.**" It is made of dried bark and is proven to be a powerful curative agent for fever and chronic colitis. It is also effective in treating IBS (irritable bowel syndrome) and related problems.

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2.



कदम्ब Kadamba

'वनेषु व्यन्तरिक्षं एतान् कदम्बकं वाजमर्वत्सु  
पय उत्स्रियासु अदध्यात् सोममद्रौ'  
(Shuklayajurveda,4/31)

**Kadamba** produces a kind of antitumor activity that is used in the management of several forms of cancer including prostate cancer, breast cancer, colon cancer, and esophageal cancer. Also, helps in treating the disease by limiting the growth of its cells and preventing their spread.

The **timber is used for plywood**, light construction, pulp and paper, boxes and crates, dug-out canoes, and furniture components.

Fruit of Kadamba Good source of vitamins, minerals, antioxidants, and dietary fiber. Medicinal Benefit: Used traditionally to treat digestive issues, inflammation, and as a general health tonic.

- **Raw:** The **fruit** can be eaten raw when ripe; flowers are used in various dishes.
- **Ripe:** Fruit is typically consumed when fully ripe and soft.
- **As Food:** Fruit is used in desserts, jams, and as a sweet treat; flowers are used in traditional recipes and as flavoring.
- **As Medicine:** **Fruit and flowers used for anti-inflammatory and digestive benefits.**



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3.



জারুল Jarul

तिनिशः स्यन्दनश्चक्री शताङ्गः शकटो रथः।

रथिको भस्मगर्भश्च मेषी जलधरो दश।।

(Rajnighantu,9/114)

It is known to provide relief from stomach cramps and diarrhea. Jarul is also a rich source of dietary fibers. So, people suffering from hard stools can **use the bark, leaves, and flowers** of **Jarul** in order to ease the stools & smoothen bowel movements. Consequently, this offers great relief from constipation.

**Syandana taila, from jarul folwer** and Triphala guuglu can be considered as a better alternative in place of modern techniques of management for fistula-in-ano especially in low anal fistula because it has more acceptability.



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4.



কল্লে Oleander

Approximately 10% of these ingestions are fatal. Despite the danger, oleander seeds and leaves are used to make medicine. **Oleander** is used for heart conditions, asthma, epilepsy, cancer, painful menstrual periods, leprosy, malaria, ringworm, indigestion, and venereal disease; and to cause abortions.

The whole plant has anticancer properties and its use in the treatment of cancer and found that the **flowers, leaves, leaf juice or latex, bark and roots** have been used against corns, warts, cancerous ulcers, carcinoma, ulcerating or hard tumours



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5.



कृष्णचूड़ा Gulmohor

गुञ्जा चूडामणिः सौम्या शिखण्डी कृष्णलारुणा ।  
ताम्रिका शीतपाकी स्यादुच्चटा कृष्णचूडिका ॥  
(Rajnighantu,3/112)

**Gulmohar** has medicinal properties like antibacterial, antifungal, anti-inflammatory, antimalarial, antimicrobial, antioxidant, cardio-protective, gastro protective, and wound healing activity.

**Leaves** have anti diabetic properties, using its methanol extract significantly lowers the blood glucose levels.



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6.



অশোক Ashoka

रुचं जनयन्तः देवा अग्रे तदब्रूवन्।  
शोणं अशोकः यस्त्वेवं तृष्णां अरुणद्  
दिव्या वसन् म इषाण।।  
(Atharvaveda, Baidyakkalpa 397/111/2)

**Ashoka**, known as the Ashoka tree is one of the most ancient and sacred trees found all over India. Ashoka has various medicinal properties, especially **its bark and leaves**. Ashoka helps to manage various gynecological and menstrual problems in women such as heavy, irregular and painful periods.





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7.



बटे Banyan

'आयुष्मान् अग्रे न्यग्रोधः सवितृ प्रतीकः  
दाहयोनिर्भास्वत्स्वक्धि।  
पितेव पुत्रं शकुनं बिभर्ति यम् प्रशस्ता अभिरक्षता  
-दिमान्।' (Atharvaveda, Baidyakkalpa  
17/3/73)

**Banyan** is an essential plant for several pharmaceutical industries. The **roots of Ficus bengalensis** are used for **obstinate vomiting and infusion**. The **bark is considered as a tonic and astringent**. It is also used in **diarrhea, dysentery**.



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8.



नागलिङ्गम् Naglingam

किञ्जल्कं कनकाह्वं च केशरं नागकेशरम्।  
चाम्पेयं नागकिञ्जल्कं नागीयं काञ्चनं तथा।।  
नागकेसरमल्पोष्णं लघु तिक्तं कफापहम्।  
बस्तिवातामयघ्नं च कण्ठशीर्षरुजापहम्।।  
(Rajnighantu,6/176,178)

**Juice made from the leaves is used to cure skin diseases** and shamans of South America have even used tree parts for treating malaria. **The fruit pulp** can disinfect wounds and **young leaves** ease toothache. **Fruits have hard shells which are used as utensils or containers.** The bark is used to cure colds.



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9.



महूआ Butter Tree

यष्टीमधुर्मधुयष्टी मधुवल्ली मधुस्रवा।

मधुकं मधुका यष्टी यष्ट्याहं वसुसम्मितम्॥

(Rajnighantu,6/144)

Many individuals suffer from illnesses like epilepsy, but **butter trees** are an excellent treatment for the condition. **The juice of Mahua bark** is helpful in the treatment of fever. Removing the illness that has built up in the body restores health. People living with diabetes can benefit significantly from mahua as well.



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10.



आम्र Mango

'उर्जस्वानः पयसा पिण्वमानः अस्मत् सीते  
पयसा।  
पवस्व माकन्दः अभ्यावृत् स्व।।  
स्वादिष्ठया मदिष्ठया पवस्व सोमधारया।  
समुदाय भिषक् पातवे सुतः योनिमयः।'

The **bark of mango** tree was used against rheumatism and diphtheria. The resinous gum from the trunk was applied to cracks in the skin of the feet and on scabies. Mango kernel decoction and powder were used as vermifuges and as astringents in treatment for diarrhea, hemorrhages and bleeding hemorrhoids.



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11.



জামরুল Waterapple

**water apples** are easier to consume in jams, jellies, beverages, and squash, especially for kids. **These fruits** protect against diabetes by keeping your blood sugar stable. The abundant water makes them a perfect edible fruit to satisfy your thirst. You can use a water apple in fruit salads.



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12.



काँठान Jackfruit

पनसस्तु महासर्जः फलिनः फलवृक्षकः। सथूलः कण्टफलश्चैव स्यान्मूलफलदः  
स्मृतः। अपुष्पफलदः पूतफलो ह्यङ्गमितस्तथा।। (Rajnighantu,11/32)

Its **fruit and seeds** are eaten as food. **Other plant parts** are used in Ayurvedic medicine. **Jackfruit leaves and roots** contain chemicals that might help control blood sugar increases after eating. Its fruit is a source of vitamin A, fiber, and protein.



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13.



बाँस Bamboo

वेतसः कदुकः स्वादः शीतो भूतविनाशनः।  
पित्तप्रकोपनः रुच्यो विज्ञेयो दीपनः परः।  
रक्तपित्तोद्भवं रोगं कुष्ठदोषं च नाशयेत्॥  
(Rajnighantu, 9/107)

The **Bamboo** plant is widely used against oxidative stress; however, its effectiveness as a radioprotector has not been reported. This project aimed to measure the extent of radioprotection in terms of reduction in DNA damage induced by gamma radiation. **Bamboo leaves** are described in the traditional medicine for treating hypertension, arteriosclerosis, cardiovascular disease, and certain forms of cancer. These therapeutic properties are most likely mediated by their antioxidant capacity.



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14.



পেয়ারা Guava

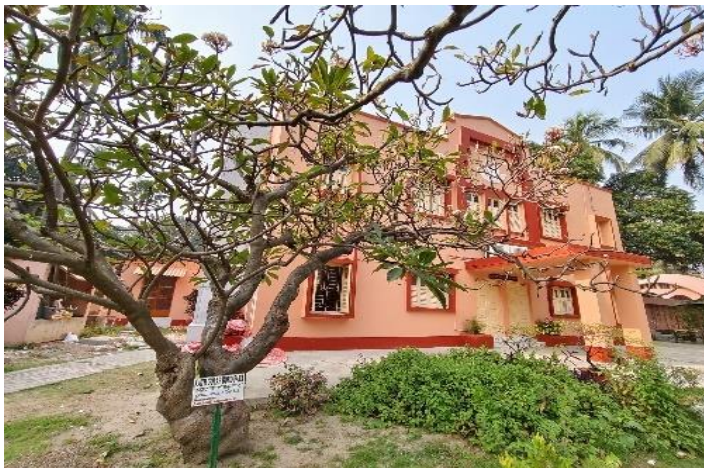
The fruit is commonly eaten fresh or made into beverages, jams, and other foods. Various parts of the plant, including the **leaf and the fruit**, are used as medicine. People use **guava leaf** for stomach and intestinal conditions, pain, diabetes, and wound healing. The **fruit is used for high blood pressure.**





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15.



কাঠগোলাপ Frangipani

The plant is often used as a herbal remedy. **Frangipani** contains a number of medically active constituents and has been shown to be uterine stimulant, antifungal, antibacterial, antitumor, antiviral, analgesic, antispasmodic, and hypoglycaemic.

Its **bark** is bruised and applied as plaster over hard tumors. Whereas the others finds use as purgative, cardiotonic, diuretic, and hypotensive.

**Its leaves and flowers** can be boiled and eaten to make salads that help the digestive and urinary tracts.



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16.



श्लषड्र Land Lilly

स्वर्णे कपिच्छे दधिनारिकेलयोः स्याज्जीवके  
चेत् स्थलपद्मके तथा।  
मयूरकेतो समधूकके तथा माङ्गल्यमष्टाविति  
सम्प्रचक्षते।  
(Rajnighantu, 23/3)

**Lilly candidum** has been abundantly used in folk medicine since ancient times to relieve a variety of ailments, including age-related diseases, burns, ulcers.



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17.



शल Sal

शलमललशलरखीवी स्यात् पलखलरु रकुतपुषुपकः।  
कुक्कुटी तुलवृकुषशुचु मुरुकरखुः कणुकदुरुमः।।  
तदुरससुतदुगुणुु गुराही कषुयः कफनुशकः।  
पुषुपं तदुवकुचु नुरुदुरुषुठं फलं तसुय तथुवधुमु।।  
(Rajnighantu,8/8,11)

**Shorea robusta** is a medicinal tree, used from thousand years ago to treat various diseases. **Sesame oil with resin of shorea robusta** ointment used in burn injury. **Gum extracted from sal tree is** real resin used in diarrhoea, dysentery, skin diseases, burn wounds, fractures.



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18.



कामराङ्ग Star fruits

कर्मारकोऽम्ल उष्णश्च वातहृत्पित्तकारकः। पक्कस्तुमधुराम्लः स्यात्  
बलपुष्टिरुचिप्रदः॥ (Rajnighantu,11/109)

**Star fruits** are commonly used in Ayurvedic and Traditional Chinese Medicine (TCM), and some of the clinical conditions they are used for include the following: fever, cough, diarrhea, chronic headache, inflammatory skin disorders (eczema), and fungal skin infections. Star fruit can play a supportive role in liver health.



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19.



बकुल Bakula

बकुलः शीतलो हृद्योविषदोषविनाशनः। मधुरश्च कषायश्च मदाढ्यो  
हर्षदायकः॥ बकुलकुसुमञ्च रुच्यं क्षीराढ्यं सुरभिशीतलं मधुरम्। स्निग्धकषाय  
कथितं मलसंग्रहकारकं चैव॥ (Rajnighantu,10/65-66)

**The tender leaves of Bakula or the unripe fruit of the plant is chewed to treat bleeding from the gums and gingivitis.** The cold infusion or decoction prepared from the **bark of the stem** is given in a dose of 40-50 ml to treat diarrhea and intestinal worms.



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20.



তেজপাতা Bay leaf

Chemicals in bay leaf might affect blood sugar and cholesterol levels. People use **bay leaf** for **diabetes, common cold, high cholesterol, asthma** | Bay leaf is a good source of vitamin A, vitamin B6, and vitamin C. These vitamins are all known to support a healthy immune system. Digestive aid. Bay leaf tea can help ease bouts of upset stomach.



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21.



দেবদারু Himalayan Cedar

**Devdaru** also called as Deodar or **Himalayan Cedar** is popular known as the ‘Wood of Gods’. All parts of this plant are used for various medicinal benefits. Devdaru helps to relieve cough by removing mucus from the respiratory tract due to its expectorant property. It might also be beneficial in managing asthma by increasing the movements of the respiratory tract due to its antispasmodic activity. Its **oil** also helps to calm the mind and improve sleep pattern thereby managing insomnia. **Oral consumption of Devdaru along with applying its paste** externally can help treat syphilis. The paste can be also applied on swelling inflammation, to clean infected wound, and get relief from itching and pain. This **oil** is also used in relieving headache. Applying its paste on chest helps curb pain. In Charaka Samhita, it is mentioned that it is one of the vital ingredients of powder massage. It is also useful in treating Obesity, Urticaria, and Pruritus.



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22.



তৈতুল Tamarind

नक्तोषसा समनसा द्यूतं विरूपे चिञ्चे। धापयेते समीची रुक्मो  
अन्तर्विभाति द्रविणोदा।। (Atharvaveda, Baidyakkalpa, 3/45)

People take **tamarind** for constipation, liver and gallbladder problems, and stomach disorders. It is also used to treat colds and fever. Women sometimes use tamarind to treat pregnancy-related nausea.

**The sticky acidic pulp** of tamarind fruit has been used as a food ingredient and medicine for many years. The edible fruits, and especially the pulp, can be eaten raw or used as sherbet or as an ingredient in curries, pickles.





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23.



शरितकी Terminalia chebula

पूतना पयांसि समुयन्तु वाजा संवृष्यान्यभि-  
माति षाहः।  
आप्यायमाना अमृताय दिव्या श्रवांस्युत्तमानि  
धिस्व॥

(Atharvaveda, Baidyakkalpa, 4/323/11)

**Terminalia chebula** (family: Combretaceae) is widely used in the traditional medicine of India and Iran to treat diseases that include dementia, constipation, and diabetes. This tree is known in Iranian traditional medicine (ITM) as halileh or halilaj and the fruit is used to develop treatments. The **leaves, bark and fruit** of T. chebula possessed high antioxidant activity and phenolics were found to be responsible for this activity. Aqueous extract of T. chebula inhibited xanthine/xanthine oxidase activity and was also an excellent scavenger of DPPH radicals.



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24.



বাতাবিলেবু Pomelo

जम्बीरो दन्तशठो जम्भो जम्भीरजम्भलौ चैव। रोचनको मुखशोधी  
जाङ्ग्यारिर्जन्तुजिन्नवधा।। (Rajnighantu,11/175)

One **fruit** packs several days' worth of vitamin C, a powerful immune-boosting antioxidant that helps prevent cellular damage from harmful compounds called free radicals. **Pomelo** is also rich in other vitamins and minerals, including potassium, which helps regulate fluid balance and blood pressure.



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25.



झर्ण चम्पक Michelia champaca

चम्पकः कटुकस्तिक्तः शिशिरो दाहनाशनः। कुष्ठकुण्ड व्रणहरो गुणाढ्यो  
राजचम्पकः॥ (Rajnighantu,10/60)

**Michelia champaca** aids in promoting urine flow. Treats infections: Magnolia champaca's antibacterial properties aid in the prevention of infections. Encourages spermatogenesis: Meiosis is the process through which gametes are produced.

**Dried root and bark** is useful for Abscesses, purgative. **Flower and flower buds** is useful for Ulcers, skin disease wounds . **Flower oil** is useful for Cephalalgia, oetipthalmia and gout . **Flowers** is useful for Stimulant, antispasmodic, tonic, stomachic, bitter and cool remedies and are used in dyspepsia, nausea and fever.



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26.



शिमूल Cotton Tree

पथस्पथः मोचः परिपतिः सीषधास कामेन तुलम्। विहङ्गाः भद्राः दुहानाः मच्छन्तु  
प्रपीता स्वस्तिभिः सदानः॥(Atharbaveda73/122/2)

People use the **bark of the root** to make medicine. Don't confuse cotton with cottonseed extract, gossypo. **Cotton** is used for nausea, fever, headache, diarrhea, dysentery, nerve pain, and bleeding. Women use cotton for menstrual disorders and symptoms of menopause



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27.



আমড়া Hog Plum

The **root** is used for vaginal infections, tuberculosis and diarrhoea, and the **fruit** is used as a mild laxative and can also induce vomiting. In terms of usage, the plums can be picked, washed and eaten.



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28.



নারকেল Coconut

उच्चैः एषः तरुः फलं च विपुलं दृष्टैव हृष्टः  
शुकः।  
पक्वं शालिवनं विहाय जडधीः तन्नारिकेलं  
गतः॥

(Shivkali Bhattacharya, Volume-2,  
Edition-IV, P-315)

The parts of its **fruit** like coconut kernel and **tender coconut water** have numerous medicinal properties such as antibacterial, antifungal, antiviral, antiparasitic, antidermatophytic, antioxidant, hypoglycemic, hepatoprotective, immunostimulant.

Scientists also found that **coconut extracts**, particularly from the husk, showed antimicrobial properties and were effective against various bacteria, fungi, and viruses in lab tests. **Coconut endocarp and virgin coconut oil** also have high antioxidant activity, which is good for resisting harmful molecules in the body.



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29.



### Mehegoni মেহগনি

Extracts of **mahogany seeds** (from *Swietenia macrophylla*, *humulis*, and *mahagoni*) have been used in traditional Indian, South Asian and Chinese medicine as therapy of a variety of conditions, including diabetes, hypertension, viral and parasitic infections, and pain. **Mahogany leaves** contain antimicrobial and anti-fungal properties that can help prevent diseases and infections.

Mahogany leaves can also be beneficial for breeding fish and raising fry. The leaves can stimulate spawning and provide a safe environment for eggs and young fish.



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30.



অমলতাস Golden-Shower

The young leaves and flower buds of amaltas can be cooked in the form of a stew. The tender leaves, when taken as a soup, is good for digestion. The astringent property of the bark is used in betel paste, whereas the pulp of the plant parts can be used as a spice and added to enhance the taste of various cuisines | Its root is employed in treating of flus and colds whereas the leaves are employed in relieving pain, edema, and reducing skin irritation as result of swelling. Take ¼-½ teaspoon Amaltas Churna (1-2gm) with warm water after lunch and dinner. b. Repeat daily to maintain a good digestive system.





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31.



अर्जुन Arjuna Tree

तत् परैताप्सरसः प्रतिबुद्धा अभूतन। यत्र वः प्रेङ्खा हरिता अर्जुना उत  
यत्राघाटा कर्कर्यः संवदन्ति।। **Atharva veda, 4/37/5**

**Arjuna bark** is used for heart health. It is believed to strengthen the heart muscles, improve circulation, and manage blood pressure. It also slows down old age-related changes in the body. Arjuna is commonly used in Ayurvedic heart tonics. The **bark powder** in a dosage of 1-3 grams with warm water or milk can be taken once or twice a day. A decoction can be made **by boiling the bark** which is then consumed in a dosage of 30-60 ml.



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32.



### শিউলি Night flowering Jasmine

Night flowering Jasmine has been used for liver disease (hepatitis), pain due to liver scarring (cirrhosis), and abdominal pain due to severe diarrhea (dysentery). It is also used to prevent stroke, to cause relaxation (as a sedative), to heighten sexual desire (as an aphrodisiac), and in cancer treatment. **Their flowers and leaves** have been well recognized for multipurpose uses. For instance, the **flowers** have been utilized as traditional medicines in Asia to treat many diseases including diarrhea, fever, conjunctivitis, abdominal pain, dermatitis, asthma, abscess, breast cancer, uterine bleeding, and toothache. In China, the leaf parts are used for the treatment of quadriplegia gall, dysentery, and bellyache.



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33.



### তমাল Tamal (Cinnamomum tamala)

Tamalpatra, also known as Indian bay leaf, has a wide range of health advantages because of its high concentration of essential oils, flavonoids, and minerals. It assists in the relief of digestive issues such as indigestion and flatulence, encouraging a healthy digestive tract.

While the Tamal tree has several medicinal benefits, - The tree's extracts can cause allergic reactions in some individuals. Pregnant and breastfeeding women should consult their healthcare provider before using any products containing Tamal tree extracts. The tree's extracts can interact with certain medications, such as blood thinners and diabetes medication.



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34.



চালতা Elephant Apple

These nutrients contribute to its health-promoting properties. Chalta is known for its digestive benefits. It contains dietary fibers that aid in digestion and help prevent constipation. Additionally, it has been traditionally used to alleviate gastrointestinal issues like dysentery and diarrhea. According to the results, elephant-apple-isolated AE and chromane have antidiabetic efficacy.



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35.



### সবেদা Mud Apple

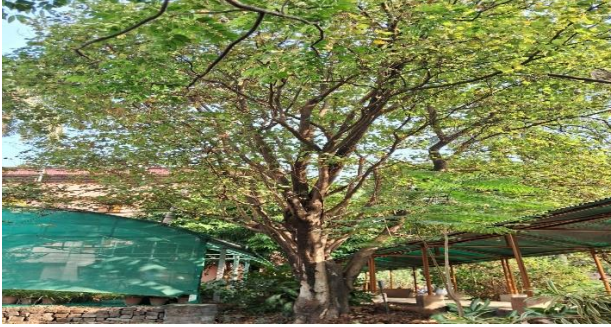
Mud Apple maintains the overall health as it is loaded with various nutrients such as **vitamin A and C and is used for antibacterial, anti-inflammatory, and antiviral properties**. Apart from being a good source of dietary fibre, chikoo also contains other essential nutrients like potassium, sodium, copper, iron, and magnesium.”

Along with the main **fruit**, its other parts such as **skin and leaves** are also used for **treating cold and cough** because it contains antidiarrheal, diuretic, antihyperglycemic, antibiotic, and hypocholesterolemic effects.



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36.



রক্ত কাঞ্চন Bauhinia Variegata/ kachnar

One of the significant **Bauhinia Variegata** benefits is lower blood sugar levels. The plant contains **antihyperglycemic and anti-diabetic compounds**, which **help control the insulin** mechanism. They also help regulate the blood glucose level spike and mitigate other diabetes symptoms. All parts of the tree, namely the **roots, bark, stems, leaves, flowers and seeds** are packed with beneficial nutrients and medicinal compounds that offer astounding benefits for **overall wellbeing**. **The powder** obtained from kachnar assists in treating Hyperthyroidism. It also improves metabolism and promotes weight loss.



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37.



সজনে Moringa

**Moringa leaves** have shown a laxative effect, making moringa a possible option for constipation. It may reduce stomach acid secretions, suggesting it could prevent peptic ulcers. Moringa may help prevent ulcerative colitis as its anti-inflammatory effects may protect the digestive system from damage.

**Drumsticks help maintain blood sugar** levels and support the function of the gallbladder. Thus people with diabetes should include them in their diet.



38.



লিচু Lichi

**Fruit Rich in Antioxidants:** Litchi fruit is an excellent source of antioxidants, including vitamin C, flavonoids, and phenolic acids, which help protect against oxidative stress and inflammation. **Immune System Support:** The fruit's high vitamin C content helps boost the immune system, reducing the severity of colds and flu. **Anti-Inflammatory Properties:** Litchi fruit extracts have been shown to exhibit anti-inflammatory activity, which may help alleviate symptoms of conditions like arthritis.

**Leaves Antibacterial and Antiviral Properties:** Litchi leaves have been found to possess antibacterial and antiviral properties, making them effective against certain infections. **Antioxidant Activity:** The leaves contain antioxidants that help protect against cell damage and oxidative stress.

**Bark Antipyretic and Anti-Inflammatory Effects:** The bark of the litchi tree has been traditionally used to treat fever and inflammation.. **Cardiovascular Health:** The bark's extracts have been shown to have a positive effect on cardiovascular health by reducing blood pressure and cholesterol levels.

Other Potential Benefits

1. **Cancer Prevention:** The antioxidants and flavonoids present in litchi fruit and leaves may help prevent cancer cell growth and proliferation.
2. **Neuroprotective Effects:** Litchi extracts have been found to have neuroprotective properties, which may help prevent or treat neurodegenerative diseases like Alzheimer's and Parkinson's..





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39.



গন্ধরাজ Gardenia flowers

**Anti-inflammatory properties:** Gardenia **flowers** contain anti-inflammatory compounds that may help reduce swelling and pain. **Antibacterial and antiviral properties:** The flowers have been shown to exhibit antibacterial and antiviral activities, making them effective against infections. **Antioxidant properties:** Gardenia flowers are rich in antioxidants, which help protect the body from oxidative stress and cell damage. **Digestive issues:** In traditional Chinese medicine, Gardenia flowers are used to treat digestive issues such as diarrhea, nausea, and vomiting. **Fever reduction:** The flowers have been used to reduce fever and alleviate symptoms associated with the common cold and flu. **Skin and wound healing:** Gardenia flowers have been used topically to treat skin conditions such as eczema, acne, and wounds. **Anxiety and stress relief:** The fragrance of Gardenia flowers has been used in aromatherapy to promote relaxation, reduce anxiety, and improve sleep quality.



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40.



কামিনী Orange Jasmine

**Fever Reduction:** The **leaves and roots** of Orange Jasmine are used to treat fever, as they are believed to have antipyretic properties. **Pain Relief:** The plant's leaves and roots are used to treat headaches, body aches, and joint pains due to their analgesic and anti-inflammatory properties. **Digestive Issues\*:** Orange Jasmine is used to treat digestive problems such as diarrhea, dysentery, and stomach ulcers. **Antibacterial and Antifungal Properties\*:** **The plant's extracts** have been shown to exhibit antibacterial and antifungal properties, making it effective against various infections. **Skin and Wound Healing\*:** **The leaves and roots** of Orange Jasmine are used to treat skin conditions such as eczema, acne, and wounds, as they promote healing and reduce inflammation.



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41.



কালোজাম Java plum

**Antidiabetic properties:** The **fruit, seeds, and leaves** of Java plum have been shown to have antidiabetic properties, helping to regulate blood sugar levels.

**Antioxidant properties:** Java plum is rich in antioxidants, which help protect the body against free radicals and oxidative stress. **Anti-inflammatory properties.**

**Digestive health:** Java plum is said to have a positive effect on digestive health, helping to prevent constipation, diarrhoea, and other gastrointestinal issues.

**Cardiovascular health:** The antioxidants and flavonoids present in Java plum may help protect against cardiovascular disease by reducing inflammation and improving blood lipid profiles.

**Antimicrobial properties:** Java plum has been shown to have antimicrobial properties, which may help prevent infections and promote wound healing.

**Cancer prevention:** Some studies suggest that the antioxidants and flavonoids present in Java plum may have anti-cancer properties, although more research is needed to confirm this.

### Precautions and Contraindications

While Java plum is generally considered safe to consume, there are some precautions and contraindications to be aware of.

1. **Allergic reactions:** Some people may be allergic to Java plum, so it's essential to consume it in moderation and monitor for any adverse reactions.

2. **Blood sugar control:** Java plum may lower blood sugar levels, so individuals with diabetes should monitor their blood sugar levels closely when consuming the fruit.



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42.



তাল Palm tree

**Diuretic properties:** The **root** of the Palmyra palm tree is believed to have diuretic properties, which can help treat urinary disorders. **Antidiabetic properties:** **The sap of the Palmyra palm tree** is rich in sugars, but it is also believed to have antidiabetic properties, which can help regulate blood sugar levels. **Digestive issues:** The fruit of the Palmyra palm tree is believed to have laxative properties, which can help treat digestive issues such as constipation. **Respiratory problems:** **The leaves of the Palmyra palm** tree are believed to have anti-inflammatory properties, which can help treat respiratory problems such as bronchitis and asthma. **Skin and hair care:** The **oil extracted from the seeds of the Palmyra palm tree** is believed to have moisturizing and anti-aging properties, which can help treat skin and hair problems. **Anti-inflammatory properties:** The Palmyra palm tree is believed to have anti-inflammatory properties, which can help treat various inflammatory conditions.