SYZYGIUMCUMINI: A PLANT WITH HIGH MEDICINAL AND NUTRITIONAL VALUE

AFIFA JAHAN\textsuperscript{1} & M. JAGAN MOHAN REDDY\textsuperscript{2}

\textsuperscript{1}Scientist, Krishi Vigyan Kendra Palem, Nagarkurnool District, Telangana, India
\textsuperscript{2}Principal Scientist and Head, Krishi Vigyan Kendra Palem, Nagarkurnool District, Telangana, India

ABSTRACT

Syzygiumcumini is a plant with high nutritional properties and medicinal value. It is known as Jamun or Black plum is an important summer fruit. The black plum helps to relieve stomach pain, carminative, anti-scorbutic and diuretic. German is good to reduce enlargement of spleen, diarrhoea, urinary retention problems, boost immunity, aids digestion, and prevent diabetes. It is rich in antioxidants and has anti ageing properties, anti carcinogenic properties and astringent properties.

KEYWORDS: Antioxidants, Anti Ageing Properties, Anti Carcinogenic Properties, Astringent Properties, Anti Scorbatic & Diuretic

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