

## Review

# *Eugenia jambolana* :A divine purple medicine

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## SUMMARY

Disease! The very obvious word/thought that follows it is “Medicine”, which is frequently even more phobic, not only to children but also to elderly persons. This phobia is probably due to the heavy restrictions, the chronic diseases impose on our lifestyles particularly diet. Diabetes Mellitus is one such disease affecting 2-4% of the world population. Do we have a satisfactory remedy for this deadly disease? Unfortunately the answer is “No”. Nevertheless, if we rely on mother Nature, we may find a satisfactory medicine. *Eugenia jambolana*, commonly known as Jamun has attracted the attention of scientists all over the globe for its antidiabetic property. The present review article is an humble attempt to enlighten the potential of this beautiful purple gift of nature. It has a rich history of use as both, edible fruit as well as a traditional medicine in divergent ethno botanical practices throughout the tropical and subtropical world.

Key words : *Eugenia jambolana*, Jamun, Traditional medicine, Antidiabetic.

**J**amun / Indian black berry is a purple colored tasty fruit arising on a very common, large evergreen beautiful tree. Scientifically it is known as *Eugenia jambolana* or *Syzygium cumini* L and it belongs to Myrtaceae family. It is widely cultivated in Haryana as well as rest of the Indo-Gangetic plains on a large scale. Its habitat starts from Myanmar and it extends up to Afghanistan. It is a tropical tree, 50 to 100 feet tall with small, glossy leaves, having a turpentine smell. It usually forks into multiple trunks, at a short distance from the ground. The tree blossoms in March/April with fragrant greenish white flowers arranged in terminal trichotomous panicles in branched clusters and bears purplish-black oval shaped edible berries in May- August.

### Botanical classification :

Kingdom	Plantae
Class	Angiosperm
Subclass	Dicotyledon
Order	Myrtales
Family	Myrtaceae
Genus	<i>Eugenia</i>
Species	<i>Jambolan</i>

### Other scientific names:

*Syzygium cumini*, *Eugenia cumini*, *Myrtus cumini*, *Syzygium jambolana*, *Syzygium jambolanum*.

### Sacred facts :

In southern Asia, the tree is worshipped by the



Buddhists, and is commonly planted near Hindu temples, as it is considered sacred to Lord Krishna.

It is said that God Megh has been transformed into this tree and its earliest reference is found in Ganesh Puran. We observe that Lord Ganesha is often depicted as having sweets in right hand and the fruits of Jamun in left hand. This possibly reflects the rare property possessed by Jamun of counteracting the hyperglycemic effect of sweets.

### Medicinal profile of *E. Jambolana*:

#### Traditional uses:

Almost every part of Jamun tree including its seeds, barks, leaves and fruits are being traditionally used for medicinal purposes. The bark is used as an astringent; its juice is given in chronic diarrhea, dysentery and menorrhagia. The bark paste and curd is taken orally three times a day for two days to cure dysentery.

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