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Phytopharmacology of Khajur (*Phoenix dactylifera* L.)

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ABSTRACT

Khajur (Date palm) is an edible fruit cultivated for its nutritional benefits and useful medicinal properties. The fruit is oval, cylindrical or oblong depending upon its variety and is commonly known as Date. The Date palm is highly prized as an ornamental tree. It has been shown to possess useful medicinal properties such as anti-oxidant, anti-mutagenic, anti-cancer, nephro-protective, anti-hyperlipidemic, phytoestrogenic, neuro-protective, hepato-protective properties. Different parts of this plant are traditionally used for the treatment of a broad spectrum of ailments including memory loss, fever, childlessness and nervous disorders. Phytochemically, the whole plant contains carbohydrates, alkaloids, steroids, flavonoids, vitamins and tannins. In the light of above, we thought it worthwhile to compile an up-to-date review of Khajur covering its traditional uses, synonyms, chemical constituents and phytopharmacology.

Key words : *Phoenix dactylifera*, Date Palm, Khajur

INTRODUCTION

Khajur (*Phoenix dactylifera* L.) belongs to the family Arecaceae and is cultivated as Date palm tree. According to Islamic tradition, the Date tree was said to be the “tree of life” in the Garden of Eden and provided rich nutritional components to Mary, when she was pregnant with Prophet Jesus. It is traditionally believed that consumption of Khajur (Date fruit) particularly in the morning on an empty stomach can reverse the actions of any toxic substance that might have been consumed previous day.

Biological source:

Date palm is the fruit of *Phoenix dactylifera* L.

Common names:

Phoenix dactylifera, Date Palm, Khajur, Medjool, Simhi, Duraruha, Kharaskhandha, Kasaya, Kharjurika, Haripriya and Duspradharasa.

Indian names:

Hindi: Khajur, Sendhi, Salma, Khaji, Ittappuzham, khorjjuri

Tamil: Itcham-pannai or tnehu, karchuram, perichchankay

Bengali: Khajur

Sanskrit: Kharjura

Telugu: Peddaita

International Names:-

English: *Phoenix dactylifera*, wild date palm, date, sugar palm, date palm

Arabic: Nakl, Nakhla Balah, Temer, khuriude-yalis and Tamar

Chinese: Hai zao, Ye zao, Zao ye, Zao ye zi

Creole: Datte

Danish: Daddelpalme

Dutch: Dadel palm

French: Dattier, Dattie, Palmier

Finnish: Taatelipalmu

German : Dattel palme

Italian: Palma deldattero

Japanese: Natsume yashi, Natsume yashi.

Nepalese: Chohoraa.

Norwegian : Daddel, Daddelpalme

Polish: Daktylowiec.

Portuguese : Tamara, Tamareira

Spanish: Datil, Datilera, Palmera

Swahili: Mtende.

Swedish : Dadelpalm

Tigrigna: Temri

Thai: Inthaphalam (fruit), Ton inthaphalam (palm).

Russian : Finikovaia pal'ma, Pal'ma finikovaia