

Psidium guajava : An affordable tasty medicine

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SUMMARY

Psidium guajava (Family: myrtaceae) is a beautiful, tasty fruit, which is cultivated in all tropical and subtropical areas of the world for its nutritional and medicinal value. The fruit of *Psidium guajava* is commonly known as Amrood in Hindi or Guava in English. These fruits are not only cheap, but available throughout the year. The phytochemicals isolated from various parts of the plant include ascorbic acid, asiatic acid, ellagic acid, guajaverin, guavin B, chlorogenic acid, gallic acid, guajavolide, guavacoumeric acid, quercetin, b-sitosterol, oleanolic acid, obtusin, ursolic acid, protocatechuic acid, jacoumeric acid, lycopene, alpha-pinene, beta-pinene, menthol, terpenyl acetate, longicyclene, caryophyllene, cineol, ilelatifol D, apigenin, myricetin and arjunolic acid. *Psidium guajava* has been shown to possess useful medicinal properties such as anti-diarrhoeal, anti-oxidant, hepatoprotective, anti-allergy, anti-microbial, anti-genotoxic, cardioprotective, anti-cough, anti-inflammatory, analgesic, anti-spasmodic and anti-hyperglycemic properties. Thus, it is evident that guava fruit possess a wide range of useful medicinal properties, which can be exploited clinically. The present review article covers comprehensively an up-to-date information on the medicinal profile of guava. We have also discussed in detail the chemical constituents and traditional uses of *Psidium guajava* in this review article.

Key words : *Psidium guajava*, Amrood, Traditional medicine

Nature has provided us with a beautiful, tasty and powerful medicine in the form of Amrood/Guava fruit. *Psidium guajava* belonging to family myrtaceae, is a low evergreen tree or shrub 6 to 25 feet tall. It is a native of Mexico and extends throughout South America, Europe, Africa and Asia. It grows in all the tropical and subtropical areas of the world, adapts to different climatic conditions, but prefers dry climates. Guava fruit is recommended mainly for the management of stomach disorders, jaundice, diabetes and cardiovascular disorders in traditional systems of medicine.

Botanical classification :

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|-------------|---|-----------------|
| Domain | : | Eukaryota |
| Kingdom | : | Plantae |
| Subkingdom | : | Viridaplantae |
| Phylum | : | Tracheophyta |
| Subphylum | : | Euphyllophytina |
| Infraphylum | : | Radiatopses |
| Class | : | Magnoliopsida |
| Subclass | : | Rosidae |
| Superorder | : | Myrtales |

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|------------------|---|---------------------------|
| Order | : | Myrtales |
| Suborder | : | Myrtineae |
| Family | : | Myrtaceae |
| Subfamily | : | Tabaninae |
| Tribe | : | Archipini |
| Genus | : | <i>Psidium</i> |
| Specific epithet | : | <i>Guajava</i> |
| Botanical name | : | <i>Psidium guajava</i> L. |

Natural habitat :

The guava is one of the most widely distributed trees of India and grows from sea level upto an altitude of 1500m. It is sturdy and thrives on all types of soils ranging from alluvial to lateritic, but is sensitive to water logging. The best suited soils would be deep, friable and well-drained. The young plants are sensitive to drought and cold, particularly frost. In humid climates, fruits develop insipid taste. Apparently, guava tree produces abundant fruits of excellent quality in irrigated tracts of the country having dry and moderate winters.

Geographical distribution :

Native range: Colombia, Mexico, Peru, United States of America.

Exotic range: India, Australia, Bangladesh, Brunei, Cambodia, Cameroon, China, Costa Rica, Cote d'Ivoire, Cuba, Dominican Republic, Ecuador, Eritrea, Ethiopia, Fiji, Gabon, Gambia, Greece, Guyana, Haiti, , Indonesia, Israel, Kenya, Laos, Malawi, Malaysia, Myanmar, Nigeria, Pakistan, Panama, Philippines, Puerto Rico, Samoa,

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