

Jamun and its health benefits

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Jamun, also popularly known as jambul is a nutritious seasonal fruit found in abundance in Asia. This fruit is eaten as a health snack in many parts of the world. Jamun is a delicious tropical plum-like fruit rich in vitamins and minerals. Fruit, seeds, bark and leaves of Jambul have medicinal properties.



Jamun is loaded with antioxidants and flavonoids essential for a healthy body and mind.

Parts used- fruit, wood, leaves, bark, flower, seeds.

Fruit : It is digestive and activates the liver and spleen. It is a good remedy for urinary diseases and diabetes. Regulates heartbeat. Purifies blood, cures anemia and stops skin eruptions. Stops diarrhea and dysentery. Relieves throat affections and other respiratory diseases. Removes worms. Vinegar made from the fruit gives relief in colitis, indigestion, stomach diseases. It relieves gas and improves digestive power. It breaks renal stones.

The ripe fruit contains Glucose and Fructose are the major forms of sugar. It also contains Vitamins C & A, riboflavin, nicotinic acid, choline, folic acid, malaic acid, sodium, potassium, calcium, phosphorus, manganese, zinc and iron. Anthocyanins are present in appreciable quantities and are the reason for the antioxidant activity of the fruit.

Jams, jellies, squashes, vinegar, juices, beverages, pickles and wine are made from the jamun fruits.

For Diabetes, Eat jamun daily. Boil 250 g of the fruit in 500 ml water till they are soft. When cool crush the fruit in the water. Strain and drink 3 times daily.

For renal stone, eat the fruit.

To 10 ml juice add some rock salt. Take 2 times daily. Mix 10-15 g tender leaves add 2-3 black peppercorns. Crush them well. Take 2 times a day.

Wood : The wood is exceptionally strong and water resistant. Hence, it is used to make bullock cart wheels and agricultural implements. It is also used in house building.

It is used to make railway sleepers (wooden planks on which the steel rails are laid). Water pumps which are located in wells are also supported by planks made from this wood. Furniture is also made from the wood, though not much, as the wood is tough to work upon. The wood is used as firewood and yields charcoal too.



Leaves : The leaves are used in a variety of tooth powder brands. They are also used as fodder for cattle, sheep and goats. They also act as food for tassar silkworms.

The leaves contain essential oils. The essential oils are used in soap making and perfumes.

For Diarrhea, Take 2 leaves (they should neither be tender nor too thick). Grind them, add a little rock salt and make a pill. Take a pill each in the morning and evening. It relieves immediately.

For Dental and gum infections- Mix ash of jamun leaves and ash of almond shells. Add a little peppermint to make an excellent tooth powder which not only cleans teeth but stops bleeding and relieves gum infections. Rub ash of leaves on the teeth and gums. It stops bleeding and makes the teeth strong.

For Conjunctivitis - Boil 15-20 tender leaves in 400 ml water till it gets reduced to 100 ml. Cool and wash the eyes with this decoction.

For Bleeding pills -Grind some tender leaves to make 20 ml juice. Add some sugar to it. Take 3 such doses everyday for relief. Grind 10 gms leaves. Add to 250 ml cow's milk. Stir well and take 3 doses of this everyday for 1 week. It stops bleeding.



For white burn mask -Make a paste of some leaves

Contd... p. 183