

Syzygium cumini (Linn.) Skeels.



Family: Myrtaceae

Common names: Aconite, Monk's hood, Vatsanabh, Mithavish, Safed Vish, Dudhia Vish

Local name: Jambhul Jamlu, Jamun (Hindi)

Ayurvedic name: Jambu, Mahaphala, Phalendra

Plant profile:

It is a tall tree growing up to a height of 100 feet and width of 12 feet. The leaves are 3-6 inches long, 2-3 inches wide and very shiny. The flowers are greenish white in colour. It is a common tree in India and found to 1500 m. Flowering occurs in April-June and fruiting in June-July.

Medicinal uses:

- **Parts used:** Fruit, fruit-bone, bark and leaves
- **Active principles:** The fruit contains 83.7% humidity, 14% carbohydrate, 0.7% protein and 0.3% fat. It also contains Vitamin A, B, C, melic acid and oxalic acid. The seeds contain calcium, protein, 19% tenin, ilegic acid, gallic acid, jamboline, starch and 0.05% aromatic oil. The bark contains betulinic acid, β sitosterol, fridelin, tenin, and miricetin.
- **Disease cured and dosage:**
 - **Ethnomedicinal:** It is used in kapha and pitta ailments. A powder of the bark is used to treat bleeding, gonorrhoea, syphilis, pyrexia, IBS, gastrointestinal disorders and diabetes. The fresh leaves are used as an emetic agent.
 - **Ethnoveterinary:** Data not sufficient
- **Ayurveda:** Ambhavad taila, Panchpallav yog. Prescribed dose: swarasa 10-20 ml, churna 3-6 g.
- **Ayurvedic properties and actions:**
 - Guna (qualities): Laghu (light), ruksha (dry)
 - Rasa (taste): Kashaya (astringent), madhur (sweet), amla (sour)
 - Vipaka (post digestive taste): Katu (bitter)
 - Virya (Potency): Sheet (cold)

As per Charaka Samhita: It is considered as mutrasangraniya (antidiuretics), purishvirajniya (bowel colouring) and chhardinigrahan (antiemetic).

- **Therapeutic description:**
 - Effect on humours: Alleviates pitta, kapha
 - Systemic effects: Cures acute external bleeding (spraying of bark-churna), gonorrhoea, syphilis (oil of leaves) and high-grade fever (vinegar of jaman + sesame oil).
 - Digestive system: It is used to treat dyspepsia, abdominal colic, digestive upsets, dysentery and irritable bowel syndrome.
 - Blood vascular system: Cures epistaxis.

- Urino-genital system: Used in the treatment of diabetes insipidus, diabetes mellitus and spermatorrhoea.
- **Drug preparation:** To convert the plant into a drug, the bark and fruit are crushed and made into powder. Oil is extracted through distillation.
 - The drug is called jambhavad taila or jambhavasthi churna.
 - It must be stored in moist free airtight containers.
 - It can be externally applied as powder of bark, oil of the leaves or vinegar of the fruits.