



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G. INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



JAMBU

Marathi:

Botanical name:

Synonyms:

Family:

Common name:

Description:

It is an ever green tree that attains a height of 100 feet and can be 12 feet broad. Leaves 3 to 6 inch long and 2 to 3 inch broad. These are ovate shape and are shiny in texture. Flowers are light green to white in color. Fruits are 1/2 to 1 1/2 inch long and oval in shape. When the fruit is raw it is green in color when it is ripe it becomes red or purple in color. The fruit contains seed that is about 1 to 2 centimeter in length. Flowers are borne in early summers and fruits in autumn.

Attributes:

Jambul

Eugenia jambolana

Eugenia cumini

Myrtaceae

Black Plum, Jamun, Java Plum

Rasa- Kashaya, Madhur, Amal. Vipak- Katu, Veerya- Sheeta, Guna-
Guru, Ruksha.

Medicinal uses:

Improves hemoglobin count. Loaded with vitamin C and iron, jamun increases haemoglobin. Jamun has astringent property. Improves health of skin and eyes. Keeps your heart healthy. Strengthens your gums and teeth. Prevents infection. Treats diabetes.