



**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



## JATIPHAL

**Marathi:**

**Botanical name:**

**Synonyms:**

**Family:**

**Common name:**

**Description:**

jayphal

Myristica fragrans

Myristica aromatica, Myristica moschata, Myristica officinalis

Myristicaceae (Nutmeg family)

Nutmeg

Nutmeg is a tropical evergreen tree that reaches about 65 feet tall. It native to Indonesia and cultivated widely in India for its fruit. The bark is greyish black. The leaves are elliptic or oblong-lanceolate and leathery. The flowers, borne in umbel-like cymes, are creamy yellow and fragrant. The nutmeg fruit is similar in appearance to an apricot. When fully mature it splits in two, exposing a crimson-colored edible pulp surrounding a single seed, the nutmeg. Dried nutmegs are grayish-brown ovals with furrowed surfaces about 1-1.5 inches long. The spice consisting of the seed has a characteristic, pleasant fragrance and slightly warm taste; it is used to flavor many kinds of baked goods, meats, sausages, sauces, vegetables, and such beverages as eggnog.

**Attributes-**

Rasa- Katu, tikta, kashaya, Vipaka- Katu, Virya- Ushana, Guna- Laghu, snigdha, tikshna.

**Medicinal uses:**

Nutmeg is found to have health benefits, including its ability to relieve pain, soothe indigestion, strengthen cognitive function, detoxify the body, boost skin health, alleviate oral conditions, reduce insomnia, increase immune system function, and prevent leukemia, and improve blood circulation.