



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

JAMBU



Latin name: *Syzygium cumini/Eugenia jambolana*

Family: Myrtaceae

Regional names: જામુન (Gujarati), जामुन (Hindi)

Morphology: Medium sized tree. Flowers are white. Fruit: Berry, dark purple, juicy, 1 seeded.

Synonyms: Mahaskandha, Nilanjanachada, Surabhipatra, Nilaphala.

Rasa Panchaka:

Rasa: Kashaya, Madhura

Guna: Guru, Ruksha

Virya: Sheeta

Vipaka: Katu

Karma: Chardinigrahana, Mutrasangrahana, Purishavirajaniya

Useful parts: Phala, Phalasthi, Tvak and Patra.

Indications: Atisara, Chardi, Agnimandya, Grahani, Raktapitta.

Dosage: Stem bark: 10-20g for Kashaya. (API Volume I)

Formulations: Jambvadya Taila, Panchapallava yoga.