

IMPORTANCE OF GUAVA (*PSIDIUM GUAJAVA* LINN): A REVIEW ARTICLEDr. Rohit Maan*¹ and Dr. Jagdish Mohan Onkar²¹PG Scholar Deptt of Dravyaguna.²Associate Professor Deptt of Dravyaguna, Sriganaganar College of Ayurvedic Science & Hospital, Tantia University, Sriganaganagar – 335001, India.

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ABSTRACT

Psidium guajava also known as guava is an evergreen tree. It is a shrubby evergreen tree up to 10 m in height. The stem is hard, woody and reddish brown in color. The bark scales off. It bears white flowers and numerous pear shaped fruits that are edible by animals, birds and humans. It is a shrub-like small tree that spreads by branching in various directions. It is a shady tree and provides shelter to many birds and insects. It is cultivated for its fruits and shade purposes. The fruit is rich in Vitamin A and Vitamin C. It is used as medicine for various diseases. Leaves and bark are also used to prepare a medicine that helps to treat disorders of the digestive system and menstrual problems. The extract of leaves is anti-bacterial, anti-fungal in nature. Leaves are also effective against antibiotic-resistant bacterial species. The leaves are also used to treat the diseases of the blood and immune system.

KEYWORDS: *Guava, digestive system, menstrual problem.*

INTRODUCTION

Sanskrit Name of *Psidium guajava* is Jamphala, the word 'Jamphala' also used in Ramayana. The whole fruit of this plant is edible. The fruit can be eaten raw or even cooked. Fruits are sliced and used as salads or desserts. Beverages are also prepared from the pulp of the fruit. Many varieties of delicacies such as jam, guava paste, guava cheese are produced from the fruit. The leaves are also edible and have medicinal properties. Guava tree is a small shrub-like tree up to 10m in height. It is a shady tree with white and scented flowers. It is cultivated for its fruit and medicinal uses.

Synonyms and Vernacular Names

Common Name – Guava**Botanical Name** – *Psidium guajava* Linn**English Name** – Guava, Abas, Govavier, Kautonga, Kuahpa**Hindi Name** – Amrud**Sanskrit Name** – Amratafalām, Perala**Arabic Name** – Guwafah**Chinese Name** – fan shi liu**Italian Name** – Guaja giallo; Pero del India**German name** – Guavernbaum**Spanish name** – Guayaba, Guyava, Guayabo, Guayabero, guayabita**French Name** – Goyave, Goyavier, Gouyave**Portuguese name** – Goiaba; Goiabero; Guiaiva**Punjabi Name** – Amrut**Tamil name** – Sepagu, Koyyo, Koyapalam**Telugu name** – Goya-pandu, jam-pandu, jama

Plant Taxonomy

Kingdom – Plantae**Subkingdom** – Viridiplantae**Infrakingdom** – Streptophyta**Super Division** – Embryophyta**Division** – Tracheophyta**Subdivision** – Spermatophytina**Class** – Magnoliopsida**Super Order** – Rosanae**Order** – Myrtales**Genus** – *Psidium* L. guava**Species** – *Psidium guajava* L. - guava

Phenology

Psidium guajava plant flowers within first two years of its growth under suitable environmental conditions. The plant becomes a tree in 5-8 years depending upon the environmental conditions and space provided for its growth. It can live for not more than 40 years. The plant provides shelter to many birds and insects. The fruits are food for these birds and insects. The white colored flowers also attract insects and bees for nectar and pollination.

Distribution and Ecology

Psidium guajava is a native of tropical America and is found on a variety of soil. It needs full or partial sunlight for growth. It is a fruit yielding plant and cultivated for its fruit and medicinal properties.

Ethnobotany

Guava fruit is an ethnomedicine. It has special importance in the traditional system of medicine. In Indian Ayurveda, it is considered as an important herbal medicine for dysentery and diarrhea. In Traditional Chinese Medicine system, it is used to treat many diseases. It has been used since ages to improve the health of humans.

Medicinal Uses of Guava

- Guava plant has many medicinal properties. It has antibacterial and anti-fungal properties. Leaves act as astringent, anti-inflammatory and antiseptic. Tea made from the leaves are used to treat dysentery, diarrhea etc. Leaves can be chewed raw to get rid of gum and teeth problems. Leaf paste can be applied to the fresh wound as it is anti-bacterial and antiseptic in nature. It is also used to treat a common cough and cold, gonorrhoea, stomach ache and skin problems. Leaves are also hepatoprotective and used to treat liver injury due to medicines.
- The decoction made from the bark of this plant is also used against ringworms, ulcers, diarrhea and dysentery. The oil extracted from seeds possesses anti-inflammatory activity.
- All parts of this plant have medicinal uses. The plant parts have hepatoprotective, antioxidant, anti-diabetic, antimicrobial, anti-inflammatory, antispasmodic, analgesic and anti-cancer properties.

Medicinal Parts

- Stem bark
- Leaves
- Fruits

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