

**MEDICINAL USES OF JAMUN [*Syzygium cumini* (Linn) Skeels.]: A REVIEW ARTICLE**Dr. Vijay Bhushan Sharma<sup>#</sup>, Dr. Manish Kumar Soni<sup>##</sup>, Dr. Jagdish Mohan Onkar\*, Dr. Omprakash Sharma\*\*<sup>#</sup>PG Scholar Deptt of Dravyaguna,<sup>##</sup>PG Scholar Deptt of Dravyaguna,

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**ABSTRACT**

Jamun also called jambul, java plum in English and botanically accepted as *Syzygium cumini* (Linn) Skeels . is native to india and indigenous part of Indian folk remedies. In Ayurveda, its fruits, seeds, bark and leaves are used as medicine for treating bleeding disorders and other diseases. Nowadays, its seeds famous as anti-diabetic medicine. Jamun fruit has astringent flavor, sweet and slightly sour taste. The fruits are used to prepare jamun Vinegar, which beneficial in abdominal diseases such as loss of appetite, abdominal pain, dysentery and irritable bowel syndrome. Sometimes, it is also used for indigestion. Jamun seed powder is used in the management of diarrhea, dysentery and diabetes. Jamun leaves are prescribed for nausea, vomiting, bleeding disorders and metrorrhagia.

**KEY WORDS:** Jamun, Indian folk remedy, anti-diabetic medicine.**BOTANICAL DESCRIPTION**

Jamun (botanically known as *Syzygium cumini* (Linn) Skeels) is known for its seasonal perishable jamun berry, which is also named as java Plum (in english) and Jambul. It belongs to the Myrtles family Myrtaceae. Jamun tree is evergreen plant grows up to 30 m in height and has a girth of around 3.6 m. The jamun tree grows in tropical and sub-tropical parts of the India and found in Indian Subcontinent. Jamun tree is widely distributed forest tree found in India, Sri Lanka, Malaysia, Bangladesh and Australia.

Jamun fruit is oval in shape. In immature stage, Jamun fruit is green in color. Its color changes to crimson black with ripening. The seed in the fruit bears about 25% of its weight and fruit pulp and peel have 75 % of its total weight. Ripe jamun fruits are odourless and juicy.

**SYNONYMS & VERNACULAR NAMES****Latin** : *Syzygium cumini* (Linn) Skeels**Botanical Synonym:** Eugenia cumini & Eugenia jambolana**English** : Java Plum (Sometimes Malabar Plum), Indian blackberry**Hindi Name:** Jamun, Jambul**Other names:** Jamblang, Jambolan, Duhat, Jambolan Plum, Kavika, Mesegerak**Ayurvedic name:** Jambu, Mahaphala**BOTANICAL CLASSIFICATION**

**Kingdom** - plantae  
**Sub-Kingdom**- Viridiplantae  
**Infra Kingdom** - Streptophyta (Land Plants)  
**Super Division** - Embryophyta  
**Division**- Tracheophyta (Tracheophytes or Vascular Plants)  
**Sub Division** - Spermatophyta (Spermatophytes or Seed Plants)  
**Class**- Magnoliopsida  
**Super order** - Rosanae  
**Order** - Myrtales  
**Family** - Myrtaceae  
**Genus**- Syzygium  
**Species** - *Syzygium cumini*

Jamun plant was first cultivated in Indian sub-continent and it is grown in many other regions of south Asia such as India, Bangladesh, Nepal, Pakistan, Burma, Indonesia and Sri-Lanka. In southern Asia, jamun tree is worshiped by Buddhists and it commonly grown near Hindu temples because sacred to Lord Krishna.

**MEDICINAL PARTS**

All parts of jamun tree are used in medicines.

- Seeds (whole with seed coat and kernel)

- Kernel
- Fruit pulp
- Leaves
- Stem Bark

### CHEMICAL COMPOSITION

*Jamun* Plant is good source of following phytochemicals:

- Anthocyanins
- Glucoside
- Ellagic acid
- Jambosine
- Glycoside jambolin or antimellin

### PHARMACOLOGICAL ACTIONS

In general, all parts of jamun tree have astringent, anti-diarthral, anti-microbial and anti-inflammatory properties.

### MEDICINAL PROPERTIES

- Mild astringent
- Digestive stimulant
- Liver stimulant
- Anti-inflammatory

### CHARACTERISTIC CHARACTERS IN AYURVEDA

**Rasa** – Kasaya, Madhur, Amla

**Guna** – Laghu, Ruksha

**Virya** – Sheeta

**Vipaka** – Katu

**Prabhava** – Cardiac Tonic

**Dosha karma** – Pacifies Kapha dosha & Pitta dosha but increases vata dosha

**Main action** – Astringent & Digestive Stimulant

**Side effect** – ANAHA (Abdominal distension along with intestinal gas and constipation)

**Prevention** – Kali Mirch (black pepper) and Kala namak or Sendha namak should be added in juice to prevent its side effect.

**Interactions** – Milk & Tea should not be taken before and after eating jamun.

### THERAPEUTIC INDICATIONS

- Poor appetite
- Indigestion
- Chronic colitis
- Rectal Bleeding (Bleeding Diarrhoea)
- Cancer
- Liver disorders
- Pharyngitis
- Urethrorrhea
- Splenopathy

### DOSAGE AND ADMINISTRATION

- Juice – 10 – 20 mL
- Powder – 3-6 g

### ARJUNA FORMULATIONS

1. Jambuaadhya tail
2. Panchpallav yog

### JAMUN BENEFITS & MEDICINAL USES

Jamun fruit pulp, seed with seed coat and kernel, alone kernel, bark and leaves all parts are used in many health conditions. We discuss its benefits and medicinal uses according to different parts of the jamun Plant. Here are some common benefits.

### NUTRITION IN JAMUN

The composition of jamun fruit mainly depends on the region where it is cultivated and on the climate of that particular region. Climate plays a very important role on the composition of minerals rather than that of the vitamins.

The major minerals present in jamun pulp as well as seeds include:

- Sodium
- Potassium
- Magnesium

### REFERENCES

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