



***Diospyros lotus* L.**

Family: Ebenaceae

Common names: Amlok



Description:

Diospyros lotus is a deciduous tree, attaining a height of 45 ft; found in north western Himalayas at altitude of 2,000- 6,000 ft. The leaves are shiny, leathery, oval shape with pointed ends, 5–15 cm long. Flowers are small, greenish, appearing in June to July. Fruits are berries with juicy flesh, 1–2 cm in diameter. Seeds are with thin skin and a very hard endosperm.

Utilization:

Date plums are edible and contain lots of sugars, and vitamins. They are used as fresh fruits or after frost, but usually dried. Drying and frost destroy their tartness. The wood is moderately hard so it is also used as timber.

Part	Uses
Dried ripe fruits	Constipation
Fruits	Antioxidant

References:

Akhtar N, Rashid A, Murad W and Bergmeier E; “Diversity and use of ethno-medicinal plants in the region of Swat, North Pakistan” Journal of Ethnobiology and Ethnomedicine 20139:25; DOI: 10.1186/1746-4269-9-25

Nabavi S.M, Ebrahimzadeh M.A, Nabavi S.F, Fazelian M, Eslami B; (2009) In vitro Antioxidant and Free Radical Scavenging Activity of *Diospyros lotus* and *Pyrus boissieriana* growing in Iran. Phcog Mag;5:122-6.