



***Juglans regia* L.**

Family: Juglandaceae

Common names: Walnut, Akhrot



Description:

Juglans regia is a large deciduous tree. Leaves are alternate, 12-30 cm long, im-paripinnate, leaflet are elliptic, opposite or sub opposite and sessile. Flowers are green in colour, male and female on the same tree. Male catkins are 4-10 cm long, pendulous; bracts stipitate; stamens 10-20, female flowers are in short terminal spikes, ripening in the autumn into a fruit with a green, semi fleshy husk and a brown, corrugated nut. The whole fruit, including the husk, falls in autumn; the seed is large, with a relatively thin shell, and edible, with a rich flavour.

Utilization:

Leaves of the plants are used as datun by the local people. Walnut is very appreciated for its nuts, which are a highly nutritious food source. They are rich in oil composed of unsaturated fatty acids, proteins, vitamins and minerals. The kernels contain variety of flavonoids, phenolic acids and related polyphenols, which have good antioxidant, anti-inflammatory and anti-mutagenic properties (Martinez *et al.*, 2010). A diet rich in walnuts is also have a cardiovascular protective effect (Nash and Westpfal, 2005). Bark or leaf extracts are used worldwide in traditional medicine to treat a variety of conditions including fungal infections such as *Candida*, to inhibit the growth of bacteria responsible for dental plaques and oral hygiene problems (Noumi *et al.*, 2010). Wood is used in agroforestry.

Part	Uses
Seeds	Coronary heart diseases
Leaves	Skin inflammations and ulcer
Green husk	Antiradicalar and antimicrobial activities

References:

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