



***Litchi chinensis* Sonn.**

Family: Sapindaceae

Common names: Lychee



Descripton:

Litchi chinensis is an evergreen tree that goes up to 15 m tall. The bark is grey-black and the branches are brownish-red. Leaves are 10 to 25 cm or longer, with leaflets in 2-4 pairs. Flowers grow on a terminal inflorescence with many panicles. The panicles grow in clusters of ten or more, having hundreds of small white, yellow, or green flowers that are distinctively fragrant. Fruits vary in shape from round to ovoid to heart-shaped.

Utilization:

Lychees are most relished fresh and are liked by all. Sherbet is made by extracting the juice from fresh.

Part used	Disease
Seeds	Neuralgic disorders, hernia, lumbago and ulcers
Root, bark and flower	Throat treatment
fruit peel	Smallpox eruptions and diarrhoea
litchi leaves	Flatulence, heat stroke, and detoxification

References:

- Wen L, He J, Wu D, Jiang Y, Prasad K.N, Zhao M, Lin S, Jiang G, Luo W, Yang B; (2014) Identification of sesquignans in litchi (*Litchi chinensis* Sonn.) leaf and their anticancer activities. *Journal of Functional Foods*, 8, 26-34.
- Li C, Hao J, Zhong H, Dang M, Xie B; (2009) Aroma components at various stages of litchi juice processing. *Journal of the Science of Food and Agriculture*, 89.14, 2405-2414.
- Cohen A, and Dubois, L. J; (2010). Raw food for everyone: essential techniques and 300 simple-to-sophisticated recipes. Penguin.