



***Prunus persica* (L.) Batsch**

**Family:** Rosaceae

**Common names:** Aru



**Description:**

*Prunus persica* is a small tree, up to 8 m high with glabrous twigs. Leaves are oblong to broad lanceolate, serrate, and glabrous. Flowers are solitary and pink in colour. The fruit has yellow or whitish flesh and have delicate aroma.

**Utilization:**

The fruits are eaten raw. It soothes nausea better including Ginger. Peach proves wonderful for those who suffering from diarrhoea and churning stomach. Vitamin E, A and C, present in peaches in balanced amounts, are nature's best antioxidants. They help maintain artery health and even nourish the heart. It contains minerals in moderate amounts like Magnesium and potassium helps in maintaining a normal and strong heartbeat rhythm (Carbonaro *et al.*, 2002).

Part	Uses
Fruit	Diarrhoea, churning stomach
Fruit	Artery health and Heart

**References**

Carbonaro M, Mattera M, Nicoli S, Bergamo P and Cappelloni M; (2002) Modulation of antioxidant compounds in organic vs conventional fruit (peach, *Prunus persica* L., and pear, *Pyrus communis* L.). Journal of agricultural and food chemistry, 50(19), 5458-5462.