



***Syzygium cumini*(L.) Skeels**

Family: Myrtaceae

Common Names: Jaman, Jam, Jambul



Description:

Syzygium cumini is a large evergreen tree, approximately 30 m in height and 3.6 m in girth. It is native to the Indian subcontinent and adjoining regions of South east Asia up to an altitude of 1,800 m. The leaves which have an aroma similar to turpentine, are pinkish when young, changing to a leathery, glossy dark green with a yellow midrib as they mature. The flowers are fragrant and small, about 5mm in diameter. The fruit is oblong, ovoid. Unripe fruit looks green, as it matures, its colour changes to pink, then to shining crimson red and finally to black colour.

Utilization:

The wood is water resistant, because of this it is used in railway sleepers. It is sometime used to make cheaper furniture. It has also cooling and digestive properties. Smaller fruits are used in beverage industry for being rich in acidity, tannins and anthocyanins. Jamun fruit seeds and pulp have been reported to serve various purposes in diabetic patients, such as lowering blood glucose levels and delaying diabetic complications including neuropathy and cataracts (swami *et al.*, 2012).

Part	Uses
Seeds	Diabetes

References:

Swami S.B, Thakor N.S.J, Patil M.M, Haldankar P.M; (2012) Jamun (*Syzygium cumini* (L.)): A Review of Its Food and Medicinal Uses. Food and Nutrition Sciences, 3, 1100-1117.