

Blackberry

Botanical Name: *Syzygium cumini*

Family: Myrtaceae

Common Name: Malabar plum, Portuguese plum, or purple plum

Hindi Name: जामुन

Part Used: fruit, seeds, leaves, and bark

Syzygium cumini is an evergreen tropical tree in the flowering plant family Myrtaceae, and favored for its fruit, timber, and ornamental value. It is native to the Indian subcontinent and Southeast Asia. It can reach heights of up to 30 m (100 ft) and can live more than 100 years. The jamun tree is found throughout the Indian subcontinent and many other South Asian countries, including Burma, Bangladesh, Nepal, Pakistan, Indonesia, and Sri Lank. The original home of jamun is India or the East Indies. It is also found in Thailand, Philippines, Madagascar and some other countries. The jamun has successfully been introduced into many other subtropical regions including Florida, California, Algeria, Israel, etc. It is widely grown in the larger parts of India from the Indo-Gangetic plains in the North to Tamil Nadu in the South. The data about its total acreage in India are not available. Jamun, also known as black plum or Java plum, is a fruit with significant nutritional and medicinal value. It's rich in antioxidants, vitamin C, and iron, and is often used in Ayurvedic medicine for managing diabetes, improving digestion, and boosting immunity. The powder of seeds is used with curd in treatment of diabetes. The riped fruits are eaten to cure indigestion, however bark's concentrated lique is taken treatment of diarrhoea, stomachache, headache, boils, acne, and roughness and loss of skin coloration (vitiligo).