

Mango

Botanical Name: *Mangifera indica*

Common Name: Aam

Family: Anacardiaceae

Hindi Name: आम

Part Used: Bark, leaves, flowers, and roots, Pulp Peel

Mangifera indica can grow up to 15–30 meters (50–100 feet) tall with a similar crown width and a trunk circumference of more than 3.7 m (12 ft). The leaves are simple, shiny and dark green. The trees take 2-4 years from planting time to first harvest, and can have a productive life of over 50 years. Mango is native to India and Southeast Asia, and people have cultivated it for over 4,000 years. Hundreds of types of mango exist, each with its own characteristic taste, shape, size, and color. Mangoes are important due to their nutritional benefits, delicious taste, and cultural significance, especially in India where they are considered the "king of fruits". They are rich in vitamins A, C, and other essential nutrients, supporting immunity, digestion, and skin health. Mangoes also contribute to overall well-being and can be a valuable addition to a balanced diet. Mangoes offer several medicinal benefits, including heart health support, improved digestive function, and potential anticancer properties. They are rich in antioxidants like mangiferin, which may help protect against inflammation and oxidative stress. Additionally, mangoes are a good source of potassium and magnesium, contributing to normal blood pressure and heart function. It is also used in cure of diarrhea, dysentery, anaemia, asthma, bronchitis, cough, hypertension, insomnia, rheumatism, toothache leucorrhoea, haemorrhage, piles, snakebite, stings, miscarriage, anthrax, blisters, mouth ulcers, tympanitis, glossitis, indigestion, bacillosis, bloody dysentery, hepatic disorders, and diuresis. The parts are also employed as anti-oxidant, anti-degenerative, anti-diabetic, anti-tumor, anti- HIV agents.

