

Wild date/ Khajur

Botanical Name: *Phoenix sylvestris*

Family: Arecaceae

Common Name: Date-Sugar Palm or Indian Wild Date

Hindi Name: खजूर

Part Used: Fruit, seeds, sap, leaves, and stems

Phoenix sylvestris ranges from 4 to 15 m in height and 40 cm in diameter; not as large as the Canary Island Date Palm, but nearly so, and resembling it. The leaves are 3 m long, gently recurved, on 1 m petioles with acanthophylls near the base. The leaf crown grows to 10 m wide and 7.5 to 10 m tall containing up to 100 leaves. The Wild Date Palm, scientifically known as *Phoenix sylvestris*, is native to the Indian subcontinent, particularly southern Pakistan and most of India. It also extends its range to Nepal, Bhutan, Myanmar, and Bangladesh. Additionally, it has been introduced to other regions like southeastern China, Sri Lanka, Mauritius, Puerto Rico, and the Leeward Islands. Wild dates, like all dates, are a good source of energy and offer various minerals and vitamins. They are primarily composed of carbohydrates, including sugars and fiber, with smaller amounts of protein and fat. Specifically, wild dates can be a rich source of potassium, as well as a moderate source of pantothenic acid, vitamin B6, and the minerals magnesium and manganese. Wild dates, like all dates, offer several medicinal values. They are rich in antioxidants, fiber, and various vitamins and minerals, making them beneficial for heart health, digestion, and potentially reducing the risk of certain diseases. Wild dates also possess anti-inflammatory and antimicrobial properties. The ripen fruits with boiled milk are used in cure of asthma, menstrual problems, constipation, whooping cough, chest infection, and cardiovascular disorders.

