

Toddy palm/ Deshi palm

Botanical Name: *Borassus flabellifer*

Family: Arecaceae

Common Name: Palmyra palm

Hindi Name: ताड़ी ताड़

Part Used: Leaves, Flowers, Fruits

Borassus flabellifer is a robust tree and can reach a height of 30 metres (98 ft). The trunk is grey, robust, and ringed with leaf scars; old leaves remain attached to the trunk for several years before falling cleanly. The leaves are fan-shaped, and 3 m (9.8 ft) long, with robust black teeth on the petiole margins. The native area of the toddy palm (*Borassus flabellifer*) is the Indian subcontinent and Southeast Asia. It is also found in Africa and has been naturalized in areas like Socotra and parts of China. The palm is widely cultivated in tropical areas for its fruit, sap (which can be fermented into toddy), and other uses. Toddy palm, or *Borassus flabellifer*, contains carbohydrates, protein, and fats, along with some minerals like calcium. A serving of toddy palm seed slices in syrup, for example, provides calories, total carbohydrates, sugars, protein, calcium, and iron. Toddy itself can be a source of vitamins, particularly in the liquid portion, and contains sugars. The young roots of toddy **palm** are used as a diuretic and anti-parasitic drug, and a decoction made from them can treat respiratory and gastritis disorders. The palm's fruit is rich in vitamins and antioxidants, aiding in replenishing mineral loss during dehydration. Additionally, extracts from the leaves have antimicrobial and wound-healing properties. Several studies show that drinking palm toddy in moderation will be useful for lowering the risk of heart disease. There is vitamin B2 in palm toddy. Vitamin B2 usually referred

to as riboflavin, is an antioxidant that supports the body's defense mechanisms against some cancer-causing substances known as free radicals. As a cancer-prevention medicine, palm toddy is also consumed by people in Asia, Africa, Mexico, the Philippines, and Ghana.