

## Peach

**Botanical Name:** *Prunus persica*

**Family:** Rosaceae

**Common Name:** Peach

**Hindi Name:** आड़ू

**Part Used:** Leaves, bark, flowers, fruits

*Prunus persica* trees are relatively short-lived, often reaching a height of 8 meters (26 feet), and produce fruit for 10 to 20 years. The peach is native to northwest China, specifically the region between the Tarim Basin and the north slopes of the Kunlun Mountains. It's thought to have been first domesticated and cultivated in this area. While its botanical name, *Prunus persica*, might suggest Persia, genetic evidence points to its origin in China. A medium raw peach (about 147 grams) provides approximately 50 calories, 1 gram of protein, 0.5 grams of fat, 15 grams of carbohydrates, and 2 grams of fiber. It also contains 15% of the daily recommended value of Vitamin C and 6% of Vitamin A. Additionally, peaches are a source of various minerals and other nutrients, including vitamin E, vitamin K, folate, iron, potassium, and magnesium. Peaches offer a range of health benefits, including supporting skin health, managing blood sugar and cholesterol, and providing antioxidants. They are also known for their potential to relieve prickly heat, improve digestion, and boost the immune system. Additionally, peaches may help lower blood pressure, protect against certain cancers, and enhance mood. Peaches are packed with antioxidants, which can protect the body from oxidative stress and reduce the risk of chronic diseases. Peaches are a good source of Vitamin C, which is essential for a healthy immune system. These are used internally in treatment of gastritis, whopping cough, bronchitis, vomiting and morning sickness during pregnancy, vermifuge used in constipation and oedema, gum used in cough asthma and menstrual disorders.