

Tamarind

Botanical Name: *Tamarindus indica*

Family: Leguminosae

Common Name: Imli

Hindi Name: इमली

Part Used: Leaves, bark, Seed, Pulp

Tamarindus indica is a large evergreen tree up to 30 m tall, bole usually 1- 2 m, up to 2 m diameter; crown dense, widely spreading, rounded; bark rough, fissured, greyish-brown. Tamarind (*Tamarindus indica*) is native to the drier savannahs of tropical Africa, particularly Madagascar. It is also considered native to the tropical regions of Africa, more specifically Sudan, Cameroon, and Nigeria. Despite its name, it's not native to India, though it has been cultivated there for centuries. Tamarind is a rich source of many nutrients, especially vitamin C, flavonoids, carotenes, and vitamin B complex, which are believed to contribute to numerous tamarind benefits. These compounds might possess potent antioxidant activity, potentially aiding the immune. Tamarind, a tropical fruit, possesses several medicinal properties, including aiding digestion, supporting immune function, and potentially reducing inflammation. It's also a source of potassium, magnesium, and vitamin C, which can benefit heart health, bone strength, and skin health. Additionally, tamarind has been traditionally used for conditions like diarrhea, dysentery, and parasitic infections. It is applicable in jaundice, hepatic problems, acid refrigerant, gentle laxative, yellow fever, tonic, skin cleanser. It has several pharmacological activities also like: hypolipidemic, weight loss, anti microbial, hepatoprotective, anthelmintic, anti-oxidant, analgesic, and anti- inflammatory.