

## Litchi

**Botanical Name:** *Litchi chinensis*

**Family:** Sapindaceae

**Common Name:** Litchi or Lychee

**Hindi Name:** लीची

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

*Litchi chinensis* is an evergreen tree that is frequently less than 15 m (49 ft) tall, sometimes reaching 28 m (92 ft). Its evergreen leaves, 12.5 to 20 cm (4.9 to 7.9 in) long, are pinnate, having 4 to 8 alternate, elliptic-oblong to lanceolate, abruptly pointed, leaflets. Lychee is native to China, specifically the southern provinces of Guangdong and Fujian. The fruit has been cultivated in the region for thousands of years. While not native to India, it was introduced in the 18th century through Burma and is now widely cultivated in the country as well. *Litchi chinensis*, commonly known as lychee, is an evergreen monoecious tree with a dense rounded crown that is native to southern China. It is noted for producing an excellent tasting globose to ovoid red fruit. Lychee fruit is a good source of Vitamin C, fiber, and other nutrients. A 100-gram serving provides 66 calories, 0.83 grams of protein, 0.44 grams of fat, 16.5 grams of carbohydrates, 1.3 grams of dietary fiber, and 15.2 grams of sugar. It also contains 71.5 milligrams of Vitamin C. Litchi fruit has several medicinal properties and health benefits, including supporting heart health, boosting the immune system, and promoting skin health. It's a good source of vitamin C and antioxidants, which can help fight off free radicals and reduce the risk of chronic diseases like heart disease and cancer. Litchi also contains compounds that may help regulate blood sugar levels and protect against liver damage. Treatment of cough, flatulence, abdominal ulcers, diabetes, obesity, testicular swelling, epigastric and neuralgic pains. It possesses hypoglycemic, anti-cancer, anti-bacterial, anti-hyperlipidemic, anti-platelet, anti-tussive, analgesic, anti-pyretic, hemostatic, diuretic, and anti-viral activities