

Sweet lemon/ Mausmi

Botanical Name: *Citrus limetta*

Family: Rutaceae

Common Name: Mosambi trees

Hindi Name: मौसमी

Part Used: Fruits, peels

Sweet lemons, botanically classified as *Citrus limetta*, are acid-less fruits belonging to the Rutaceae family. The term Sweet lemon is a general descriptor used for several varieties of sweet, subtly tangy fruits that contain low acidity. It is important to note that Sweet lemons are not true lemons but are a natural hybrid between two citrus species. Sweet lemons are native to Asia and have been commercially grown for centuries for their sweet flavor. Over time, Sweet lemons were transported along trade routes and were planted throughout the Mediterranean basin, Middle East, and India, eventually introduced into the New World in California and Mexico. Sweet lemons are known as Sweet Limetta, Limetta, Mediterranean Sweet lemon, Limu Shirin in Iran, Musami in Pakistan, and Mosambi, Mausambi, Mitha Nimboo, or Musambi in India. Sweet lemons are a medium to large varietal, averaging 6 to 7 centimeters in diameter, and have a round to oval shape with a slightly flattened base. The fruits also showcase a distinct nipple on one end and ripen from green to bright yellow, sometimes yellow-orange. The peel is thin, taut, and semi-smooth, covered in prominent sunken oil glands giving the surface a pebbled, textured feel.

Sweet lemons are an excellent source of vitamin C to strengthen the immune system while reducing inflammation and contain other nutrients, including vitamin A, fiber, calcium, potassium, folate, and niacin. Sweet lemon juice also contains flavonoids, compounds that have antioxidant-like properties to protect the cells against the damages caused by free radicals. The lemon juice is often used in natural medicines to prevent colds and flu and is mixed with hot water and honey to reduce fevers, sore throats, and infections. It's good for improvement of joint health, improve the skin tone and complexion; reduce blemishes, dark spots and acne marks.