Guava/ Amrood

Botanical Name: *Psidium guajava*

Family: Myrtaceae

Common Name: guava

Hindi Name: अमरूद

Part Used: Leaves, fruits

Psidium guajava is a fast growing evergreen shrub or small tree that can grow to a height of 3-10 m. It has a shallow root system. Guava produces low drooping branches from the base and suckers from the roots. The trunk is slender, 20 cm in diameter, covered with a smooth green to red brown bark that peels off in thin flakes. Young twigs are pubescent. The leaves grow in pairs, opposite each other. The leaf blade is elliptic to oblong in shape, 5-15 cm long x 3-7 cm broad, finely pubescent and veined on the lower face, glabrous on the upper face. The flowers are white in colour, about 3 cm in diameter, solitary or in 2-3 flower clusters borne at the axils of newly emerging lateral shots. Guava may have originated either from tropical America or from Asia, and is now widespread throughout the tropics and subtropics. It is naturalized in the Old World Tropics and in the West Indies. Guava can grow under a wide range of environmental conditions. It is reported as an invasive weed in many countries (mainly in the Pacific Islands and along the Pacific rim). Guava can be found in open areas, such as savannah/shrub transitional zones, or in frequently disturbed areas. In some places, it can form dense thickets with more than 100 trees per ha, and it can cause pasture abandonment and land degradation. Guava is a very versatile species. It is found from sea level up to an altitude of 1500-2000 m in the tropics but produces better below 800-1000 m. Guava thrives in places where average annual temperatures are about 23-28 °C but can grow within 15-45°C.

Psidium guajava has a long history of medicinal uses in various cultures, particularly for treating gastrointestinal issues, skin problems, and diabetes. Guava is used in traditional medicine to treat conditions like diarrhea, dysentery, fever, cough, and oral ulcers, and its leaves are used for skin problems. Guava fruit and leaves have been shown to possess antidiabetic, antidiarrheal, hepatoprotectant, antallergic, anti-microbial, anti-genotoxic, anti-plasmodial, cytotoxic, anti- spasmodic, cardioactive, anti-cough, anti-diabetic, anti- inflamatory and nociception inhibitory activities and antioxidant properties, potentially aiding in managing blood sugar levels, improving digestive health, and protecting against free radical damage.