

Almond

Botanical Name: *Prunus dulcis*

Family: Rosaceae

Common Name: Badam

Hindi Name: बादाम

Part Used: Seeds and Leaves

Almond (*Prunus dulcis*) are native to the Middle East and Mediterranean regions. Specifically, they originated in southwestern Asia. Almond trees thrive in Mediterranean climates with hot, dry summers and cool, wet winters. While originating in the Middle East, almonds are now cultivated in various parts of the world, including California, Australia, Chile, and South Africa. The almond is a deciduous tree growing to 3–4.5 meters (10–15 feet) in height, with a trunk of up to 30 centimeters (12 inches) in diameter. The young twigs are green at first, becoming purplish where exposed to sunlight, then grey in their second year. Almonds are a nutritional powerhouse, rich in healthy fats, protein, fiber, and various vitamins and minerals. The fragrant [flowers](#) are white to pale pink, 3–5 cm (1–2 in) diameter with five petals, produced singly or in pairs and appearing before the leaves in early spring. The optimal temperature for their growth is between 15 and 30 °C (59 and 86 °F) and the tree buds have a [chilling requirement](#) of 200 to 700 hours below 7.2 °C (45.0 °F) to break dormancy. A 30-gram serving (about 23 almonds) contains approximately 165 calories, 6 grams of protein, 15 grams of fat (mostly monounsaturated), and 6 grams of carbohydrates, including 3 grams of fiber. Almonds are also a good source of vitamin E, magnesium, and other beneficial nutrients. Almonds offer several medicinal benefits due to their rich nutritional profile, including being a good source of antioxidants, healthy fats, and

various vitamins and minerals. They can contribute to heart health, help manage blood sugar, support brain function, and even aid in weight management. Almonds are also known for their anti-inflammatory properties and potential role in reducing the risk of certain cancers and other health issues. It is used in treatment of kidney stones, gallstones and constipation, oil applied to dry skin, aromatherapy, seeds in demulcent, laxative, nutritive, antitumor, antiulcer, antidiabetic, anticancer