

## Jamun: A Wonder Fruit for Nutritional Security for Health

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### SUMMARY

Jamun or Java plum is a very good fruit for human health along with very productive and market demand value for farmers income. It is also having medicinal importance in different types of medicines such as Ayurveda, Unani, Sidda, Srilankan, Tibetan and also in Homeopathy for effective medicine against diabetes, heart and liver trouble. Jamun having tremendous medicinal value including bark can be used as a mouth wash, leaves chewing and eating are good in treating diarrhea and ulcers and fruits also rich source of antioxidant and medicinal value for reducing blood cholesterol level. So, it is very good for diabetic patients. And tall tree can be grown for shade and windbreak on roadside and avenues.

### INTRODUCTION

Jamun (*Syzygium cuminii* L.) is an evergreen tree also known as Java plum, black plum or Indian black cherry and in so many languages in different parts of India. Jamun having an immense importance in Hindu Culture; In Maharashtra, jamun tree branches are used for making pergola in front of home. Jamun is one of the most nutritious fruit and it is popular as excellent tree for avenue plantation, agroforestry and social forestry. It is also considered as a popular indigenous minor fruits crop of India but due to its medicinal important now a days it extending its commercial value significantly. It found very useful almost in all types of medicines such as Ayurveda, Unani, Sidda, Srilankan medicine, Tibetan medicine and also in Homeopathy systems. The tree is tall, handsome, evergreen and generally grown for shade and windbreak on road and avenues. It also tolerate the abiotic stresses like high rainfall, high temperature, drought, flooding, salinity *etc.* The jamun tree mostly planted on the bunds of any fruit orchards to withstand against the heavy winds as protection like wind break and the foliage is very dense it can give the very good shade throughout the year. For the development of wetland and dryland horticulture it considered as an idiosyncratic tree due to its multifarious uses and capacity to withstand adverse climatic conditions. The jamun is a medicinally important underutilized fruit, is adequately rich in antioxidants and phytochemicals besides some essential nutritional components.



**Nutritional values of Jamun fruit per 100g**

Protein 0.7 gm	Fat 0.3 gm	Minerals 0.4 gm	Fiber 0.9 gm	Carbohydrates 14 gm	Calcium 15 mg	Phosphorus 15 mg
Vitamin C 18 mg	Sodium 26.2 mg	Potassium 55 mg	Carotene 48 mg	Oxalic Acid 89 mg	Energy 62 kcal	

**Health Benefits of Jamun**

The fruit is a good source of iron, sugars, minerals, proteins and carbohydrate. Fully ripe fruits are eaten fresh and can also be processed into beverages like jelly, jam, squash, wine and vinegar. The jamun fruit has sub-acid spicy flavor and its squash is a very refreshing drink for quenching the thirst in the summer season. Fruits are used as an effective medicine against diabetes, heart and liver trouble. Glucose and fructose are the principal sugars in the ripe fruit, not even a trace of sucrose was detected. The purple color of the fruit is due to presence of anthocyanin pigment.

**Diabetes Control**

It has also been named as diabetes fighter for its hypoglycemic (lowering blood sugar) properties. Powdered seeds have reputation of being useful in the treatment of diabetes. Oral administration of an aqueous jamun seed extract for 6 weeks caused a significant decrease in lipids, thio-barbituric acid reactive substances and an increase in catalase and superoxide dismutase in the brain of diabetic rats. Jamuns are best known for their ability to regulate blood sugar level. Macrobiotic Nutritionist and Health Practitioner, Jamun seeds contain compounds called jamboline and jambosine that reduce the rate at which sugar is released into the bloodstream by reducing the diastatic conversion of starch into sugar. Jamun seeds also increases the production of insulin.

**Boosts Stomach Health**

Seeds can be used to manage a number of stomach-related issues effectively. Fruit is rich in fibre content that helps to improve functioning of digestive system. Jamun seeds can also be used as oral medication to combat sores, inflammation and ulcers in the intestines. The vinegar prepared from juice extracted from slightly unripe fruit is stomachic, carminative and diuretic apart from having cooling effect and digestive properties.

**Regulates the Blood Pressure**

Jamun seeds may prove to be a boon for people dealing with hypertension as the seed extract of the fruit contains a type of antioxidant called ellagic acid that may help in keeping a check on rapid fluctuations of blood pressure in the body.

**Boost Immunity**

Jamun seeds contain powerful antioxidants like flavonoids and also phenolic compounds that help keep harmful free radicals at bay. If one is getting cold and cough regularly, eating jamun might help by increasing your immunity power because it has properties that can help increasing immunity.

**Increases the Hemoglobin Content**

Jamun has the adequate amount of iron and vitamin C. The presence of iron in the black plum is good to increase the hemoglobin count. Jamun iron content acts as blood purifying agent. Since, it is the medium of purifying your blood; therefore, it's good for skin and beauty and keeps you young. Iron content is beneficial in menses where People suffering from anemia and jaundice should take jamun because of its high iron content.

### **Jamun Leaves Treat Ulcer**

Jamun leaves have great significance in ayurvedic medicine. The consumption of jamun leaves is good in treating digestive related disorders. Chewing and eating of jamun leaves are good in treating diarrhea and ulcers. Jamun act as protective against liver diseases such as necrosis and fibrosis. Due to the presence of biochemical and phytochemical substances like polyphenol, the black plum acts like an anti-cancer substance. Jamun solves acidity when it is taken along with roasted cumin powder and black salt.

### **Healthy Heart**

Jamun is laden with high amounts of potassium. It is extremely beneficial in keeping heart related ailments at a bay. Regular consumption of Jamun prevents hardening of arteries which leads to atherosclerosis, reduces the various symptoms of high blood pressure thereby controlling hypertension and prevents strokes and cardiac arrests. A serving of 100 g pulp contains 79 mg of potassium which makes this juicy fruit appropriate for a high blood pressure diet.

### **Weight Loss**

Being low in calories and high content of fibre, makes Jamun an ideal fruit in all weight loss diets and recipes. It improves your digestion and the pharmacological properties help in minimizing water retention besides boosting body metabolism, satiating your hunger and give you a feeling of fullness.

### **Oral Hygiene**

Jamun leaf powdered having an anti-bacterial property and is used as a tooth powder for strengthening teeth and gums. The fruit and leaves possess strong astringent properties, making it highly effective against throat problems and in eliminating bad breath. The decoction of the bark can be used as a mouth wash or gargled regularly to prevent mouth ulceration and gingivitis.

### **Radiant Skin**

Drinking Jamun juice regularly gives you a healthy, glowing skin. It detoxifies and purifies the blood and makes your skin glow from inside. The high index of Vitamin -C blesses you with a blemish free radiant skin. Jamun seeds powder mix with honey act as facial on your face considerably reduces pimples, dark spots and pigmentation, when religiously followed for a month. Applying fresh jamun juice on your face reduces the pores and controls excess secretion of oil. For people having oily skin, mix squashed jamun, curd and rose water and apply it as a face pack. Regular use would cause noticeable reduction of pimples.

### **CONCLUSION**

Jamun tree is a very good for shade and wind break and its fruit are very rich in nutritional value with medicinal properties. As discussed above fruits are good for skin glow, anti-bacterial property, reduce heart problems and boosting body metabolism. Beside fruits its leaves also used for treatment for ulcer and bark after decoction as mouth wash. Its fruits also very rich in minerals. So, it is good for human health improvement and cure.

### **REFERENCES**

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