

Medicinal Values Of Assamese Fruits

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Abstract

Assam has a rich diversity in fruit crops. Besides the fruits like banana, mango and citrus, there are so many good underutilized for indigenous fruits are available. Some of the indigenous fruits which exhibits high nutritive value with medicinal importance commonly used by rural people are discussed in this paper.

Introduction:

Assamese people daily embraces diet like rice, dal, meat, fish, eggs, milk and milk products, curries made from all seasonal vegetables like leafy and other vegetables, spices, different kinds of fruits & nuts and varieties of stuffing like kola khar, Kharoli, Kahudi, Banhgaj and varieties of seasonal and non-seasonal pickles. These foods have a variety of food value and also the therapeutic value.

Objective:

To find out the medicinal values of Assamese fruits.

Methodology:

The study is based on secondary sources which have been collected from books, articles, journals and internet sources.

Here we are discussing about some indigenous fruits which are sometimes neglected but have a serious therapeutic value. –

a) Rabab Tenga (Citrus maxima/Pomelo) : Rabab Tenga is very rich in potassium and vitamin C and both provide support to heart. The essential minerals present in rabab tenga regulates blood pressure level. It is also rich in pectin and its juice clear the arterial deposits accumulated in the body and thereby provides benefits against hypertension. It promotes good cholesterol in the body and brings very rich in fibre, pamelo fills the stomach for long time and hence beneficial for diabetes.

b) Thekera Tenga (Garcinia Morella): Most powerful pack of anti-oxidant found in nature has come from thekera, which effectively scavenges the free radicals from blood and purifies blood, checks heart beats.

c) Amara – (Indian Hog-plum) : A study in Bangladesh found that the fruit is very rich source of vitamin C (Barishal amara contains as 33 mg/100 gm) moderate in reducing sugar and low in non reducing sugar. It is a good blood purifier that can reduce high BP and good food to reduce blood sugar and a very effective medicine to cure chronic dysentery. Amara leaf juice is also used to treat diabetes.

d) Leteku (Burmese grapes/Baccaurea ramiflora): It is a good source of vitamin C, good in anti-oxidants and contain gallic acid. It is always found good and healthy food from time immemorial.

- e) Poniol (*Flacourtia jangomas*):** Poniol is a rich source of protein, vitamin C, phosphorus, calcium, potassium and iron. It contains several essential amino acid. Being a rich source of potassium and empty source of sodium, it could have been good food for high BP. It is rich in calorie contents.
- f) Outenga (*Elephant Apple*) :** It is rich source of vitamin C and protein. Scientists from Assam has reported that elephant apple has anti diabetic property.
- g) Bael (*Wood apple*) :** Bael is rich in carbohydrates and minerals. It also contains protein, dietary fiber and vitamin B-complex. Bael also carries anti diabetic property.
- h) Silikha (*Terminalia chebule*):** It is believed that silikha can destroy all diseases including cancer. Silikha is a part of good Ayurvedic medicinal preparation. Silikha contain 10.3 times more vitamin C than apple and 14.5 times more protein.
- i) Jamun (*Syzygium cumini*):** The use of hypoglycemic property of jamun is found both Ayurveda and Siddhi system of medicine. A cocktail of mango and jamun juice in equal proportion is very good drink for diabetics. Due to the very strong source of antioxidant, jamun is used in special treatment of diabetics. Jamun alone can reduce 30% of blood sugar because of its hypoglycemic effects.
- j) Jack fruit (*Artocarpus heterophyllus*):** It is a good source of carbohydrate and potassium, so jack fruit is a good food for heart patient and hypertension. Because of high amount of carbohydrate and calorie and good amount of simple sugar like fructose and sucrose making it a restricted fruit for diabetics.
- k) Melons (*Cucumis melo*):** Melons reduce blood pressure and improve arterial health.
- l) Carombola (*Carrabolla*) :** It is a low caloric (much lower than any other popular tropical fruits), good in dietary fiber, vitamin C, rich in anti-oxidants flavonoids like quercetin, epigallocatechin and gallic acid, good source of B complex vitamins. Due to fair amount of potassium carombola is capable of controlling heart rate and BP. It is effectively used as herbal medicine for curing Jaundice.
- m) Banana (*Musa paradisiaca linn*):** Banana aid in maintaining normal blood pressure and protect heart because it is a good source of potassium. The simple sugar present in bananas quickly provide energy and normalize the blood sugar levels.
- n) Pineapple (*Ananas comosus*):** Packed with minerals including, vitamin A and C, calcium, phosphorus, potassium, rich in fiber and low in fat and cholesterol and no sodium provides and promote good health.
- o) Passion fruit (*Lata Bal*) :** It has high content of fiber. Good fiber in the diet lowers cholesterol. It acts as a mild laxative. The seeds are also a great source of fiber which helps to cleans the colon and improve digestion, slow the entrance of glucose in the blood-stream, thereby preventing large spikes in blood sugar. It is a very good source of vitamin A, B complex and also a very good source of minerals specially potassium helps the body to maintain water and acid balance, regulate heart rate and blood pressure and also helps to combat the problem of anemia. The phenolic acid and flavonoids present in passion fruits helps in protecting cardiovascular health. The poly phenols found in seeds have been found to promote vasorelaxation i.e. reduction in tension of the blood vessel walls and contains plant sterols that help in lowering the cholesterol level.

Due to the presence of high content of vitamin C and other antioxidants which slow down the damage of skin caused by free radicals. It moisturizes all types of skin. It also helps in preventing hair splitting and breaking.

p) Paramlakhi (Phyllanthus acidus) : It is used to remedy bronchitis, biliousness, and treat digestive disorders such as urinary concretions, diarrhea and piles. It has a hepatoprotective effect on the liver. Plant extracts may provide treatment against cystic fibrosis of the lungs. Leaf extracts reduce blood pressure, thereby suggesting potent hypertensive properties.

q) Mirika Tenga (Paramaria Polyneura) : Used in preparation of pickle. It has rich source of vitamin and minerals, expectedly in vitamin A, C and E and good source of essential fatty acid and used in the treatment of cancer and power of its bark skin is sprinkled on the wound for better healing.

r) Borthekera (Garcinia Pedunculata) : Old dried fruits are good for dysentery. It is a source of natural antioxidant.

s) Tapor Tenga (Garcinia Xanthochymus) : It has been used widely as a traditional folk medicine for bilious condition, diarrhea and dysentery. Hence it finds application in the treatment of piles, dysentery, tumors, pains and heart complaints.

t) Naga Tenga (Rhus Semialata) : It is used for remedy of colic pain. Fruits are used to control diarrhea and dysentery. Leaves are used for traumatic injury, snake bite and lacquering.

u) Bogi Jamuk (Eugenia Jambos) : It is very rich in vitamin C. It is also a tonic for brain and liver and acts as diuretic. Bark is used for tanning and yield a brown coloured eye. Powdered leaves used for cooling effect. Powdered seeds are beneficial for diabetics. Root powdered is effective to cure epilepsy.

v) Bonpitha (Chrysophyllum roxburghii) : It is used for treatment of diabetes mellitus and to overcome intestinal disturbances. Seeds are used in the treatment of pneumonia. It is used as tonic for diarrhoea and fever.

w) Kuji thekera (Garcinia Morella): Seed bark is used for dysentery and also used as drinks in summer season and also to remove too much of alcohol addiction.

x) Mahi thekera (Carallia lucida) : It is used to treat sapraemia, oral ulcer and stomachic. Aqueous extract of leaf is used for treatment of malaria and also used to treat skin ailments.

y) Rupohi Thekera (Garcinia lanceifolia) : It is used for treatment of dysentery, dyspepsia and biliousness etc. Tiny leaves are also a very beneficial for curing in heavy dysentery when it cooked without oil.

From the exploration of the therapeutic value of Assamese fruits we can conclude that almost all the constituents of fruits have excellent therapeutic value in respect of diabetics, high BP, heart disease, diarrhoea, dysentery and so many digestive problems. Fruits we eat are highly nutritious and a therapeutic diet can easily be prepared using best combination of different constituent food components.

References:

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