

# Heitroi



## Common Name

**English** :Puneala plum

**Hindi** :Paniala

**Manipuri** :Heitroi

## Scientific Name

**Group** :Angiosperm (Dicotyledon)

**Family** :Flacourtiaceae

**Genus** :Flacourtia

**Species** :jangomas (Lour.) Raeusch.

**Habit** :Spiny medium-sized tree

**Parts Used** :Fruit, leaf and bark

**Mode of Preparation** :Bark soaked with water for infusion

**Mode of use** :Fresh

**Ingredients** :Fruit contains tannin (9.9%). Seeds contain a fixed oil.

**Ailment Treated**:Raw fruits are used in diabetes. Fruits are astringent. Leaves and young shoots are stomachic and astringent. Leaves and barks are used in bleeding gums and toothache. Bark infusion is used as gargle for sore throat.

**Source**:Generally grown in wild habitat.