

Pungdon



Common Name

English :Guava

Hindi :Amarut

Manipuri :Pungdon

Scientific Name

Group :Angiosperm (Dicotyledon)

Family :Myrtaceae

Genus :Psidium

Species :guajava Linn.

Habit :Small tree

Parts Used :Fruit and Leaf

Mode of Preparation :Young leaves crushed with little common salt for consumption. Leaves and bark crushed for decoction. Fruits crushed for consumption.

Mode of use :Decoction and Fresh

Ingredients :Fruit is one of the richest source of vitamin C, containing 100 to 1000 mg/100 g. Seeds yield a fatty oil. Leaves contain an essential oil which is used as a flavouring agent.

Ailment Treated:Leaves are used as astringent. Bark decoction is good for diarrhoea. Fruit is tonic, cooling and laxative, useful in colic and bleeding gums. Tender shoot is good for dysentery.

Source:Largely cultivated in both hills and valley areas of

Manipur.