

## **Persea Americana**



**Kingdom:** Plantae  
**Clade:** Tracheophytes  
**Order:** Laurales  
**Family:** Lauraceae  
**Genus:** Persea  
**Species:** *P. americana*  
**Scientific Name:** *Persea mericana*

**Persea americana, commonly known as avocado, is referred to by various names in different Indian languages:**

**Hindi:** Makhanphal, Avocado

**Tamil:** Vennai Pazham

**Malayalam:** Vennai Pazham

**Telugu:** Venna Pandu

**Kannada:** Benne Hannu

**Marathi:** Alpukat

### **Uses:**

#### **1. Nutritional Uses:**

The fruit, commonly known as avocado, is rich in healthy fats, particularly monounsaturated fat.

High in vitamins (especially vitamin K, vitamin E, and several B vitamins) and minerals (such as potassium and magnesium).

Used in various culinary dishes, including salads, sandwiches, and guacamole.

#### **2. Medicinal Uses:**

The pulp and oil are used for skin care due to their moisturizing and antioxidant properties.

May help in managing cholesterol levels and promoting heart health due to its high content of healthy fats.

#### **3. Agricultural and Environmental Uses:**

Avocado trees are grown commercially for their fruit.

They can also provide shade and contribute to soil health through leaf litter.

### **General Features:**

**Leaves:** Evergreen, elliptical to lanceolate, glossy green on top and paler underneath, with a leathery texture.

**Bark:** Dark brown, with a rough and fissured texture in mature trees.

**Fruits:** Pearshaped to round, with a rough, leathery skin that can be green, brown, or nearly black when ripe. The flesh is creamy and greenish yellow with a large seed in the centre.

**Height:** Can grow up to 20 meters (about 66 feet) tall, though cultivated trees are often kept shorter for easier harvesting.

**Flowers:** Small, greenish yellow, and borne in clusters, with a subtle fragrance.

**Persea americana**, or avocado, is a highly valued tree both nutritionally and economically. Its fruit is a staple in many diets worldwide due to its rich nutrient profile and versatility in culinary applications. The tree also has a role in sustainable agriculture and environmental conservation.

