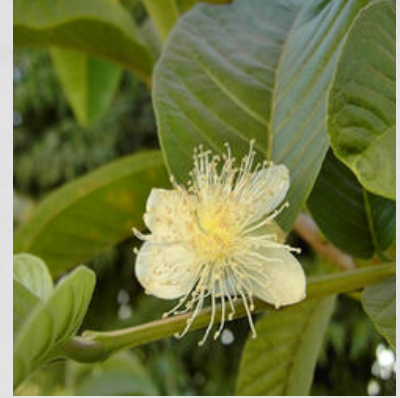


# *Psidium guajava*

*Psidium guajava*, commonly known as guava, belongs to the Myrtaceae family, which also includes other well-known plants such as eucalyptus, cloves, and myrtle. Guava is native to tropical regions of America but is now cultivated and enjoyed worldwide for its delicious fruit and potential health benefits

## **Psidium guajava**

**Kingdom:** Plantae  
**Order:** Myrtales  
**Family:** Myrtaceae  
**Genus:** Psidium  
**Species:** P. guajava



## **Name of Psidium guajava in Indian languages:**

1. Hindi: Amrud, Amrood
2. Bengali: Peyara
3. Tamil: Koyyathu
4. Telugu: Jamakaya, Jamapandu
5. Kannada: Sibe hannu
6. Malayalam: Perakka
7. Gujarati: Jamphal
8. Marathi: Peru
9. Punjabi: Amrood
10. Urdu: Amrood



## Medicinal Property of *Psidium guajava*

- 1. Antioxidant Properties:** Guava is rich in antioxidants, including vitamin C, flavonoids, and polyphenols. These compounds help neutralize harmful free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases such as cancer, heart disease, and diabetes.
- 2. Immune Boosting:** The high vitamin C content in guava helps boost the immune system, enhancing the body's ability to fight off infections and illnesses.
- 3. Digestive Health:** Guava contains dietary fiber, which aids digestion, promotes regular bowel movements, and prevents constipation. It also contains enzymes like papain and bromelain, which help break down proteins and improve digestion.
- 4. Antimicrobial Properties:** Guava leaves and fruit have been traditionally used for their antimicrobial properties. Extracts from guava leaves have shown antibacterial activity against various pathogens, including *Staphylococcus aureus* and *Escherichia coli*.
- 5. Anti-inflammatory Effects:** Guava contains compounds with anti-inflammatory properties, which may help reduce inflammation in the body and alleviate symptoms of inflammatory conditions such as arthritis and inflammatory bowel disease.
- 6. Blood Sugar Regulation:** Some studies suggest that guava may help regulate blood sugar levels, making it beneficial for individuals with diabetes or those at risk of developing the condition. It may help improve insulin sensitivity and reduce insulin resistance.

## Nutritive Values of *Psidium guajava*

- 1. Vitamins and Minerals:** Guava is an excellent source of vitamins and minerals, including vitamin C, vitamin A, vitamin B6, vitamin E, potassium, magnesium, and folate. These nutrients play essential roles in various bodily functions, including immune function, metabolism, and bone health.
- 2. Low in Calories:** Guava is relatively low in calories but rich in nutrients, making it a nutritious and weight-friendly fruit choice for those looking to maintain a healthy weight or lose weight.
- 3. Dietary Fiber:** Guava is a good source of dietary fiber, with both soluble and insoluble fiber. Fiber helps promote satiety, regulate blood sugar levels, and support digestive health.
- 4. Anticancer Properties:** Some studies suggest that guava may have potential anticancer properties due to its high antioxidant content. Antioxidants help protect cells from DNA damage and may inhibit the growth of cancer cells.

**Guava is a nutritious fruit with various potential health benefits.** It can be enjoyed fresh, juiced, or incorporated into smoothies, salads, and desserts. However, it's essential to consume guava as part of a balanced diet and healthy lifestyle to reap its full benefits.

