



Badam





Synonym

- Gujarati: બદામ
- Hindi: बादाम
- English: Almond

Botanical name

- *Prunus amygdalus* Batsch

Family

- Rosaceae

Chemical Constituents

- lipids (around 50%), proteins (around 25%) and carbohydrates (around 20%)

Therapeutic Uses

- The almond is a popular nutritious food, rich in healthy fats, protein, minerals and vitamins.
- It also has medicinal value used for treating various diseases.
- The seeds of *prunus amygdalus* possess various pharmacological properties such as anti-stress, anti-oxidant, immune stimulant, lipid lowering and laxative.

Marketed Preparations

- Extracts are used in some herbal supplements and cosmetic products.
- Plant-Based Almond Milk: As a dairy-free milk alternative, almond milk is sold plain or flavored and is available from brands like So Good and Altco.
- Almond Oil: This oil is used extensively in skincare for its moisturizing and anti-inflammatory, lotions, serums, and cleansers.
- Almond-based Skincare: Almonds are also used in various other cosmetic applications.