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UNIVERSITY

Khati amlī





Synonym

- Gujarati: ખાટી આમલી
- Hindi: इमली
- English: Tamarind

Botanical name

- *Tamarindus indica*

Family

- Fabaceae

Chemical Constituents

- Tartaric acid
- malic acid
- pectin
- sugars
- various phenolic compounds

Therapeutic Uses

- Laxative
- Digestive aid
- Anti-inflammatory
- Used in culinary applications and traditional medicine for digestive issues.
- Treats diabetes: It has traditionally been used to manage symptoms of diabetes.
- Treats skin conditions: The juice from the leaves is used to treat burns, insect bites, and skin eruptions. It is also applied to skin disorders like warts, boils, and inflammation.
- Aids digestion:

The plant acts as a diuretic and stomachic, helping to improve overall digestive function.

Marketed Preparations

Tamarind powder: A powdered version of the dried pulp, which is used for flavoring and as a natural preservative.

- Tamarind paste and pulp: A common and versatile kitchen staple, this is the unprocessed, strained pulp of the tamarind fruit.
- Imli ki khatti-meethi chutney: A sweet and sour tamarind chutney commonly used as a topping for chaats, samosas, and other snacks. It is widely available pre-made from various brands.