



SIGMA[®]
UNIVERSITY

JAMUN





Synonyms

- Gujarati: જામુન , જાંબુ
- Hindi: जामुन, जांबु,
- English: Java plum, black plum, Indian blackberry

Botanical name

- *Syzygium cumini*

Family

- Myrtaceae

Chemical Constituents

- Alkaloid: Jambosine

- Glycoside: Jambolin (also called antimellin) inhibits conversion of starch into sugar
- Tannins & Gallic acid – astringent action
- Ellagic acid
- Flavonoids – quercetin, myricetin, kaempferol
- Essential oils
- Minerals – iron, calcium, potassium, zinc

Therapeutic Uses

- Antidiabetic: Seeds and bark reduce blood sugar (traditional use in Madhumeha / diabetes)
- Digestive aid: Fruit acts as coolant, carminative, and mild laxative
- Astringent: Useful in diarrhea, dysentery, bleeding disorders
- Oral health: Bark decoction used as a mouthwash for gingivitis & ulcers
- Urinary disorders: Acts as diuretic
- Antioxidant & hepatoprotective
- Skin health: Powder of seed used in acne, wounds

Marketed Preparations

- Ayurvedic & herbal brands)

- Jamun seed powder (single herb churna) – sold by Patanjali, Baidyanath, Himalaya, Zandu, etc.
- Jamun Ghanvati (tablet form of seed extract)
- Diabecon (Himalaya) – polyherbal ,contains Jamun seed
- Madhunashini Vati (Baidyanath, Patanjali, others) for diabetes, includes Jamun
- Herbal juices: Jamun juice / Jamun vinegar (sirko) widely marketed