



Babul (Indian gum)





Synonym

- Gujarati: Baval (બાવળ), Babaria (બાબરિયા).
- Hindi: Babool (बबूल), Babool gond (बबूल गोंद).
- English: Indian Gum Arabic, Egyptian acacia .

Botanical name

- *Vachellia nilotica*

Family

- Fabaceae

Chemical Constituents

- Babul gum contains galactose, arabinose, rhamnose, aldobiuronic acids, and mineral salts such as calcium, magnesium, and potassium.
- Additional active constituents include tannins, flavonoids, phenolic compounds, gallic acid, saponins, sucrose, mucilage, stearic acid, and chlorides.
- The bark and pods are rich in tannins (12–20%), while the gum is composed mainly of high-molecular-weight polysaccharides.

Therapeutic Uses

- Used traditionally for oral health (as a natural toothbrush, to treat bleeding gums, mouth ulcers), wound healing, skin diseases, and burn injuries.
- Acts as an astringent, demulcent, anti-inflammatory, antibacterial, and antioxidant agent.
- Supports digestive health, relieves diarrhea, soothes gastrointestinal irritation, and manages constipation.
- Recognized for benefits in respiratory disorders, arthritis, bleeding disorders, diabetes management, and detoxification in Ayurveda.

- Promotes skin healing, controls blood sugar, assists in bone health, and improves immunity.

Marketed Preparations

- Available as edible gum, powders (churna), capsules, decoctions, pastes, herbal toothpastes, and as an ingredient in Ayurvedic and Unani medicines.
- Common commercial forms include Babool gond (raw edible gum), Babool churna, and various health supplements from brands like Kamdhenu, Dark Forest, Palash, and Vita Greens.
- Utilized in gums, jellies, health food mixes (like gond laddus), syrups, and tooth powders.