



SIGMA[®]
UNIVERSITY

Tur





Synonym

- Gujarati: તુવર (Tuver)
- Hindi: अरहर (Arhar), तुवर (Tuvar/Toor)
- English: Pigeon pea, Red gram, Tur

Botanical name

- *Cajanus cajan* (L.) Millsp.

Family

- Fabaceae

Chemical Constituents

- Contains proteins, essential amino acids (lysine, leucine, isoleucine, phenylalanine), complex carbohydrates, and minerals (iron, calcium, magnesium, potassium, phosphorus).
- Rich in flavonoids (pinostrobin, genistein, cajanin, cajanol, vitexin, orientin), stilbenes,

saponins, tannins (12–20% in pods), coumarins (cajanuslactone), and terpenoids.

- Contains vitamins (B-complex, E, vitamin C) and antioxidant compounds.
- Husk is high in calcium (the seed coat has six times more calcium than milk).

Therapeutic Uses

- Used for diabetes management (blood glucose lowering due to antioxidants), heart health (cholesterol reduction, hypocholesterolemic effects), wound healing, and antimicrobial/anti-inflammatory skin infection therapy.
- Ayurvedic uses include treatment for blood-related diseases, detoxification, fat metabolism, gastrointestinal health (laxative, cures diarrhea), and boosting immunity.
- Paste of leaves is useful for oral ulcers and inflammations; decoction of leaves is a laxative; the beverage is studied for antidiabetic potential.
- Traditional uses cover hepatoprotective, expectorant, anthelmintic, and vulnerary actions; root extracts treat throat inflammation, diarrhea, and swelling.

Marketed Preparations

- Tur/Toor is marketed extensively as split dal (main culinary product) and in processed foods, flour, and snacks (Tur flour, Tur bhujia).
- Available as proprietary Ayurvedic churna (powder), decoctions, nutraceuticals, and diabetic functional foods.
- Used as food ingredient in instant mixes, fortified food products, and nutritional supplements for protein enhancement.