



Guava



Synonyms

- Hindi: अमरूद
- Gujarati: જામફળ
- English: Guava

Botanical Name

- *Psidium guajava* Linn.

Family

- Myrtaceae

Chemical constituents

- Leaves: Tannins (ellagic acid, guaijaverin, quercetin), flavonoids, essential oils.
- Fruits: Vitamin C (ascorbic acid), carotenoids, sugars, pectin, fiber, polyphenols.
- Seeds: Fatty acids, proteins.

Therapeutic Uses

- Leaves: Antibacterial, antidiarrheal, astringent

- Anti-inflammatory.
- Fruits: Rich in Vitamin C, used in scurvy prevention, antioxidant, digestive aid, improves immunity.
- Used traditionally in dysentery, diarrhea, wounds, ulcers, cough, and diabetes.

Marketed preparations

- Guava leaf tea (for diarrhea & diabetes control).
- Herbal cough syrups (with guava extract).
- Nutraceutical formulations (Vitamin C supplements).
- Cosmetic formulations (skin toners, anti-acne products).