



Mango



Synonyms

- Hindi: आम
- Gujarati: કેરી
- English: Mango

Botanical Name

- *Mangifera Indica*

Family

- Anacardiaceae

Chemical Constituents

- 1.Fruit: Sugars (glucose, fructose), Organic acids (citric, malic), Vitamins (especially vitamin C and A precursors like carotenoids),Polyphenols (mangiferin, gallic acid)
2. Leaves:Tannins, flavonoids, mangiferin
3. Bark:Tannins, resins, Mangiferin
4. Kernel (seed):Fatty acids, Proteins, Starch

Therapeutic Uses

- Leaves: Antidiabetic, antioxidant, antimicrobial, anti-inflammatory
- Bark: Astringent, used for diarrhea and dysentery
- Fruit: Nutritional, rich in vitamins and antioxidants, boosts immunity
- Kernel: Used in traditional medicine as a demulcent and for skin disorders
- Flowers: Used in Ayurveda for respiratory ailments, diabetes, and fever

Marketed Preparations

- Herbal teas: Mango leaf tea for diabetes and cholesterol
- Ayurvedic formulations: Chyawanprash, some antidiabetic herbal tablets
- Mango seed oil: Used in cosmetics and skincare for moisturizing
- Nutraceuticals: Supplements containing mango extract for antioxidants