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Guava



Synonym:

- Gujarati: જામફળ

- Hindi: amrood (अमरूद)
- English: Guava

Botanical name:

Psidium guajava

Family:

Myrtaceae

Chemical Constituents:

1. Guava Leaves:

- Flavonoids: Quercetin, kaempferol – known for antioxidant and anti-inflammatory properties.
- Tannins: Provide astringent effects, useful in treating diarrhoea and wounds.
- Saponins: Exhibit antimicrobial and immune-boosting effects.
- Alkaloids: Include guajadine and others with potential antidiabetic activity.
- Essential oils: Contain cineole, limonene, and β -caryophyllene.

2. Guava Fruit:

- Vitamin C (Ascorbic acid): Extremely high concentration, supports immunity and skin health.
- Vitamin A: Important for vision and epithelial integrity.
- Carotenoids: Lycopene and β -carotene – potent antioxidants.
- Phenolic compounds: Contribute to antioxidant activity.
- Dietary fiber: Pectin and cellulose – aid digestion and regulate blood sugar.
- Minerals: Iron, calcium, phosphorus, and potassium.

3. Guava Bark and Roots:

- Tannins: Strong astringent properties, used in traditional medicine.
- Flavonoids and alkaloids: Similar to leaves, with antimicrobial and anti-inflammatory effects.

Therapeutic Use:

1. Guava Leaves

- Antidiabetic: Leaf extracts help lower blood glucose levels by improving insulin sensitivity.
- Antimicrobial: Effective against bacteria like *Staphylococcus aureus* and *Escherichia coli*, useful in treating diarrhea and wounds.
- Anti-inflammatory: Flavonoids and tannins reduce inflammation, helpful in arthritis and skin conditions.
- Antioxidant: Protects cells from oxidative stress, potentially reducing cancer risk.

2. Guava Fruit

- Cardioprotective: Rich in potassium and vitamin C, helps regulate blood pressure and improve heart health.
- Digestive aid: High fiber content promotes bowel regularity and prevents constipation.
- Weight management: Low-calorie, high-fiber profile supports satiety and metabolic health.
- Immunity booster: Vitamin C enhances immune function and protects against infections.

3. Other Uses

- Menstrual pain relief: Guava leaf extract may reduce intensity of cramps.
- Skin health: Antioxidants and vitamin C promote collagen synthesis and wound healing.
- Anti-cancer potential: Lycopene and flavonoids may inhibit tumour growth, though more research is needed.

Marketed Preparation:

Organic India: Offers guava leaf tea for digestive and immune health.

- Himalaya Herbal: Includes guava in some polyherbal formulations.
- Ayurvedic Pharmacies: Often include guava in formulations for diarrhoea, diabetes, and skin conditions.

Key constituents:

vitamin C, tannins, flavonoids, essential oils (leaf).

Uses:

Antidiarrheal (leaf), antioxidant, antimicrobial;
edible fruit and ornamental in orchards.