

1- Tamarind



Name of Plant Species: *Tamarindus indica*

Height in cm: 15.24 (as on 14.09.2018)

Width in cm: 35.56 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Major Sundee Unnikrishnan

Tamarind (*Tamarindus indica*) is a leguminous tree in the family, *Fabaceae* indigenous to tropical Africa. The genus *Tamarindus* is a monotypic taxon (having only a single species). The tamarind tree produces pod-like fruit that contains an edible pulp used in cuisines around the world. It grows wild in Africa. The tamarind is a long-lived, medium-growth tree, which attains a maximum crown height of 12 to 18 metres (39 to 59 ft). The crown has an irregular, vase-shaped outline of dense foliage. The tree grows well in full sun.

Scientific classification

Kingdom:	Plantae
Order:	Fabales
Family:	Fabaceae
Subfamily:	Detarioideae
Genus:	Tamarindus

Species:

T. indica

Nutritional value per 100 g (3.5 oz)

Energy	239 kcal (1,000 kJ)
Carbohydrates	62.5 g
Sugars	57.4
Dietary fiber	5.1 g
Fat	0.6 g
Protein	2.8 g
Thiamine (B1)	(37%) 0.428 mg
Riboflavin (B2)	(13%) 0.152 mg
Niacin (B3)	(13%) 1.938 mg
Pantothenic acid (B5)	(3%) 0.143 mg
Pyridoxine (B6)	(5%) 0.066 mg
Folate (B9)	(4%) 14 µg
Choline	(2%) 8.6 mg
Vitamin C (L. Ascorbic acid)	(4%) 3.5 mg
Vitamin E (Phylloquinone)	(1%) 0.1 mg
Vitamin K (Tocopherol)	(3%) 2.8 µg
Calcium	(7%) 74 mg
Iron	(22%) 2.8 mg
Magnesium	(26%) 92 mg
Phosphorus	(16%) 113 mg
Potassium	(13%) 628 mg
Sodium	(2%) 28 mg
Zinc	(1%) 0.1 mg

- Pulp of tamarind is known to protect against **vitamin - C deficiency**.
- Pulp of tamarind acts as a laxative and is an excellent remedy for sluggish **bowel movement**. The presence of dietary fibre in tamarind pulp plays an important role on binding bile salts.
- Tamarind has the ability to **lower levels of bad cholesterol** (LDL) thereby promoting healthy cardiovascular health, this is because of the presence of phenols, antioxidants beneficial for levels of HDL.
- Leaves of tamarind are used in herbal tea decoctions. Medicinal teas that contain extracts of tamarind leaves are given to individuals suffering from **fever and chills**.
- Diluted tamarind paste is an excellent home remedy for **sore throat**. A person with throat infection can gargle diluted lukewarm tamarind water for relief.
- Tamarind pulp with a mix of crushed herbs such as coriander and mint is an excellent treatment for **mouth ulcers**. Tamarind has a cooling effect on ulcers caused by hot and spicy foods.
- In several cultures flowering leaves of tamarind are crushed to extract juice. This juice is a home remedy for **piles**.
- This fruit pod is loaded with minerals and vitamins essential for **red blood cell production** and **healthy cardiovascular function**.
- Scoops of thick tamarind paste are diluted in water and given to individuals with **intestinal parasites**.
- Tamarind is an excellent home remedy for persons with **bile problems**.
- In Ayurvedic medicine, Tamarind is a major ingredient used to **treat digestive and gastric problems**.
- Tamarind fruit is rich in dietary fibre such as tannins, mucilage and pectin, a combination that plays a **vital role in preventing constipation**. 13% to 15% percent dietary fiber is provided by 100 grams of tamarind paste.
- Powdered tamarind seeds mixed with turmeric paste are used as a treatment for **inflammation and sores** in many Asian cultures.
- Tamarind juice is used as a traditional medicine for **jaundice sufferers**.
- Tamarind should be included in your diet because minerals present in this fruit are good for **bone health**.
- Paste of tamarind seeds acts as an antidote and is used as a home remedy for **insect bites and stings**.
- Paste made from powdered tamarind seeds or paste made from bark powder is used as a home remedy for **healing open sores**.
- Individuals that suffer from **thyroid disorders** should include tamarind in their diet.
- Fruit extract of tamarind is consumed because it acts as a **natural blood purifier**. This fruit is essential for **healthy muscle function** beneficial for good health.
- A cup of tamarind water or two tablespoons of thick tamarind paste is an excellent home remedy for an individual that has suffered **mild sunstroke**.
- Paste of tamarind is excellent **for diabetics**. It is used as traditional medicine along with Java plum and herbs for diabetes control. Pulp of this fruit helps lower glucose levels that tend to rise after meals.
- Tamarind juice is a **natural antiseptic** that is used with herbal ingredients to cure **Scurvy** that arises from deficiency in vitamin C.
- Paste or powder of tamarind seeds is used as a home remedy for relief **from sties and burns**.
- Extracts of leaves and flowers are used as a treatment for **haemorrhoids, dysentery and erysipelas**. Flower, fruit and leaf juice of tamarind are used as an antiseptic and vermifuge.
- Juice of tamarind is given to individuals with a severe hangover resulting from alcohol consumption. Paste made from leaves of tamarind can be applied on areas of the body to reduce **swelling of joints**. This paste provides much-needed relief for arthritis sufferers that are not able to move their hands, legs or shoulders because of joint pain. Paste of seeds can also be used to treat **boils and sprains**.

2 - Lemon



Name of Plant Species: *Citrus limon*

Height in cm: 22.35 (as on 14.09.2018)

Width in cm: 21.84 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Major General Ian Cardzo

A pale-yellow oval citrus fruit with thick skin, fragrant and acidic juice. Lemon is used for cooking, preparing juice and leaves of lemon are used in tea. The lemon, *Citrus limon*, *Osbeck*, is a species of small evergreen tree in the flowering plant family *Rutaceae*, native to South Asia, primarily North eastern India.

Scientific classification	
Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	<i>Citrus</i>
Species:	<i>C. limon</i>

Nutritional value per 100 g (3.5 oz)	
Energy	121 kJ (29 kcal)
Carbohydrates	9.32 g
Sugars	2.5 g
Dietary fiber	2.8 g
Fat	0.3 g
Protein	1.1 g
Thiamine (B1)	(3%) 0.04 mg
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.1 mg
Pantothenic acid (B5)	(4%) 0.19 mg
Pyridoxine (B6)	(6%) 0.08 mg
Folate (B9)	(3%) 11 µg
Choline	(1%) 5.1 mg
Vitamin C (L. Ascorbic acid)	(64%) 53 mg
Calcium	(3%) 26 mg
Iron	(5%) 0.6 mg
Magnesium	(2%) 8 mg
Manganese	(1%) 0.03 mg
Phosphorus	(2%) 16 mg
Potassium	(3%) 138 mg
Zinc	(1%) 0.06 mg

- Lemons are rich in vitamin C and acts as **immunity booster**.
- Lemons are rich in antioxidants.
- They have anti-ageing and anti-inflammatory properties.
- Lemon juice when applied to skin and hair in combination with other ingredients can treat skin disorders, acne, tan, blemishes and dandruff.
- They are alkaline in nature and reduce acidity, pain and inflammation.
- Lemon juice helps in clearing out toxins from the body, thus helps in cleansing.
- Lemon helps in controlling blood pressure as they are rich in **potassium**.
- They help prevent formation of kidney stones.
- Limonene present in lemons helps in **preventing growth of cancer**.
- They also help in **scavenging free radicals** which cause cells damage.

4 – Pomegranate



Name of Plant Species: *Punica granatum*

Height in cm: 6.35 (as on 14.09.2018)

Width in cm: 4.29 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Captain Vikram Batra

The pomegranate (*Punica granatum*) is a fruit-bearing deciduous shrub in the family Lythraceae that grows between 5 and 10 m (16 and 33 ft) tall. The fruit is typically in season in the Northern Hemisphere from September to February and in the Southern Hemisphere from March to May. As intact arils or juice.

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Lythraceae
Genus:	<i>Punica</i>
Species:	<i>P. granatum</i>

Nutritional value per 100 g (3.5 oz)	
Energy	346 kJ (83 kcal)
Carbohydrates	18.7 g
Sugars	13.67 g
Dietary fibre	4 g
Fat	1.17 g
Protein	1.67 g
Thiamine (B1)	(6%)0.067 mg
Riboflavin (B2)	(4%)0.053 mg
Niacin (B3)	(2%)0.293 mg
Pantothenic acid (B5)	(8%)0.377 mg
Pyridoxine (B6)	(6%)0.075 mg
Folate (B9)	(10%)38 µg
Choline	(2%)7.6 mg
Vitamin C (L. Ascorbic acid)	(12%)10.2 mg
Vitamin E (Phylloquinone)	(4%)0.6 mg
Vitamin K (Tocopherol)	(16%)16.4 µg
Calcium	(1%)10 mg
Iron	(2%)0.3 mg
Magnesium	(3%)12 mg
Manganese	(6%)0.119 mg
Phosphorus	(5%)36 mg
Potassium	(5%)236 mg
Sodium	(0%)3 mg
Zinc	(4%)0.35 mg

- Pomegranate is rich in **antioxidants** and thus protects our body from **free radicals**, which are responsible for premature **ageing**. Free radicals are formed by exposure to sun and due to harmful toxins in the environment.
- They are also rich in **vitamin C**, which boosts antibody production and helps in the **development of immunity**. Pomegranates can thus help you to maintain a healthy immune system and keep common illnesses and infections at bay.
- **Punicic acid** is one of the main constituents of pomegranate that help **lower cholesterol, triglycerides and reduce blood pressure**.
- Juice can be a better option than **alcohol containing mouth washes**. Certain compounds in pomegranate exhibit strong antiplaque effects.
- **Pomegranate helps in digestion**. One pomegranate contains 45 % of your daily recommended intake of fibre.
- Antioxidants present in pomegranate act as a '**thinner for your blood**'. The seeds of pomegranate prevent your **blood platelets** from forming **clots and coagulating**.
- The **antioxidant property** of pomegranate prevents bad cholesterol from oxidizing.
- So, eating pomegranates removes the **excess fat and prevents the hardening of artery walls**.
- Pomegranate **helps to pump the level of oxygen** in our blood. This eventually helps blood to flow freely and thus improve the level of oxygen in your body.
- Pomegranate can **reduce the damage of the cartilage by fighting the enzyme**. Pomegranate also can **reduce inflammation**.
- Pomegranate juice can slightly improve **erectile dysfunction**. And a lot of theories prove this as true.
- Two studies claim that pomegranate juice can fight **prostate cancer**.
- Apart from **reducing body's internal oxidative stress**, pomegranates also help lower **psychological stress** that you go through in your personal and professional life.

5 – Sapodilla



Name of Plant Species: *Manilkara zapota*

Height in cm: 30.99 (as on 14.09.2018)

Width in cm: 19.05 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Brigadier Mohammad Usman

Manilkara zapota, commonly known as sapodilla, sapota, chikoo or nispero is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft). The average height of cultivated specimens, however, is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). It is wind-resistant and the bark is rich in a white, gummy latex called chicle.

Nutritional value per 100 g (3.5 oz)	
Energy	347 kJ (83 kcal)
Carbohydrates	19.96 g
Dietary fiber	5.3 g
Fat	1.1 g
Protein	0.44 g
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.2 mg
Pantothenic acid (B5)	(5%) 0.252 mg
Pyridoxine (B6)	(3%) 0.037 mg
Folate (B9)	(4%) 14 µg
Vitamin C (L. Ascorbic acid)	(18%) 14.7 mg
Calcium	(2%) 21 mg
Iron	(6%) 0.8 mg
Magnesium	(3%) 12 mg
Phosphorus	(2%) 12 mg
Potassium	(4%) 193 mg
Sodium	(1%) 12 mg
Zinc	(1%) 0.1 mg

Scientific classification	
Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	<i>Manilkara</i>
Species:	<i>M. zapota</i>

- It contains important vitamins like **vitamin A and vitamin C**. Vitamin A helps to ensure **proper vision and helps to maintain healthy skin and mucus membrane**. It offers protection from oral cavities and lung cancer. Similarly, vitamin C helps the body to develop a resistance against pathogens and to destroy free radicals.
- Sapodilla is an excellent source of minerals such as **potassium, copper and iron**. In addition to these minerals, it also consists of foliate and niacin acid.
- **Folic acid** contained in this fruit is used in the formation of red blood cells and also help in the development of the foetus during pregnancy. It also helps to prevent the formation of homocysteine which is harmful for health.
- Sapodilla has high **natural latex** that is commonly used by dentists to fill up the **tooth cavities**.
- The biggest qualities of sapodilla are its **haemostatic qualities**. This fruit is extremely valuable in stopping the loss of blood. It helps in decreasing blood loss in piles, injuries and in many other medical terminologies.
- The simple sugars like **fructose and sucrose** that are the main ingredients of this fruit rejuvenate the body with natural energy.
- It is good for **digestion** and it is able to prevent the occurrence of **colon cancer**.
- Consumption of sapodilla mixture with a pinch of salt is a recommended home therapy for the cure of **constipation**.
- The leaves of the sapodilla fruit can also be used as a medicine for inflammatory diseases because it works as an oral **anti-inflammatory agent**.
- The consumption of sapodilla fruit benefits in reducing the level of infections. It helps in lessening viral diseases in addition to **bacterial infections** within the body. It also **decreases inflammation** caused by swelling and helps to ease pain.
- Sapodilla is a **natural sedative**. It is used to relax the nerves and also to relieve **stress**. It is often suggested as a part of the diet of those struggling with **insomnia and panic disorders**. It is one of the best **natural anti-depressants** prescribed by medical practitioners for disorders like MDD (major depressive disorder), Unipolar Disorder and so on.
- Sapodilla also helps in the **treatment of cold and cough**. Consumption of this fruit helps to remove nose blockage and also in case of persistent coughs.

6 – Citron



Name of Plant Species: *Citrus medica*

Height in cm: 20.32 (as on 14.09.2018)

Width in cm: 27.94 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Major Subedar Yogendra Singh Yadav

Citron is actually one among the original 4 citrus fruits – the others being pomelo, papaya and mandarin.

Scientific classification	
Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	<i>Citrus</i>
Species:	<i>C. medica</i>

- The potassium, vitamin C and other electrolytes in this fruit help to **improve blood pressure** by **reducing strain on the arteries** and **lowering your risk of heart attack, atherosclerosis and stroke**.
- With a significant level of vitamin C, citron is able to stimulate the **immune system** and **increase the production of white blood cells**, the body's first line of defence against infections.
- There are many **antioxidants** in citron, making it an ideal way to sweep out free radicals in the body and **reduce your chances of oxidative stress-related chronic disease**.
- **Anti-inflammatory and analgesic properties** of the juice and essential oil of this fruit make it ideal for acute pain, or chronic problems, such as headaches or discomfort from arthritis.
- Medicinally speaking, the essential oil is widely used in the treatment of both topical and internal problems; it is an **antibiotic** and is known to soothe the stomach and conditions of **constipation and nausea** among many others.
- Citron is one of the original citrus fruits, whereas lemon is a hybrid, albeit an extremely popular one. Lemon tends to have a rather thin rind, a bitter and astringent taste, while citron has a very thick rind, a limited amount of juice and a milder flavour than lemon.
- The juice and oil from this fruit are able to balance acidity levels in the gut and **improve overall digestive efficiency**, while also **eliminating problems like excess flatulence, constipation and nausea**.

7 – Sapodilla



Name of Plant Species: *Manilkara zapota*

Height in cm: 27.94 (as on 14.09.2018)

Width in cm: 25.4 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Second Lieutenant Arun Khetarpal

Manilkara zapota, commonly known as sapodilla, sapota, chikoo or nispero is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft). The average height of cultivated specimens, however, is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). It is wind-resistant and the bark is rich in a white, gummy latex called chicle.

Scientific classification	
Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	<i>Manilkara</i>
Species:	<i>M. zapota</i>

Nutritional value per 100 g (3.5 oz)	
Energy	347 kJ (83 kcal)
Carbohydrates	19.96 g
Dietary fiber	5.3 g
Fat	1.1 g
Protein	0.44 g
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.2 mg
Pantothenic acid (B5)	(5%) 0.252 mg
Pyridoxine (B6)	(3%) 0.037 mg
Folate (B9)	(4%) 14 µg
Vitamin C (L. ascorbic acid)	(18%) 14.7 mg
Calcium	(2%) 21 mg
Iron	(6%) 0.8 mg
Magnesium	(3%) 12 mg
Phosphorus	(2%) 12 mg
Potassium	(4%) 193 mg
Sodium	(1%) 12 mg
Zinc	(1%) 0.1 mg

- It contains important vitamins like **vitamin A and vitamin C**. Vitamin A helps to ensure **proper vision and helps to maintain healthy skin and mucus membrane**. It offers protection from oral cavities and lung cancer. Similarly, vitamin C helps the body to develop a resistance against pathogens and to destroy free radicals.
- Sapodilla is an excellent source of minerals such as **potassium, copper and iron**. In addition to these minerals, it also consists of foliate and niacin acid. These vitamins and minerals help in making the body **powerful and energetic**.
- **Folic acid** contained in this fruit is used in the formation of red blood cells and also help in the development of the fetus during pregnancy. It also helps to prevent the formation of homocysteine which is harmful for health.
- Sapodilla has high **natural latex** that is commonly used by dentists to fill up the **tooth cavities**.
- The biggest qualities of sapodilla are its **haemostatic qualities**. This fruit is extremely valuable in stopping the loss of blood. It helps in decreasing blood loss in piles, injuries and in many other medical terminologies.
- The simple sugars like **fructose and sucrose** that are the main ingredients of this fruit rejuvenate the body with natural energy.
- It is good for **digestion**. It is able to prevent the occurrence of **colon cancer**.
- Consumption of sapodilla mixture with a pinch of salt is a recommended home therapy for the cure of **constipation**.
- The leaves of the sapodilla fruit can also be used as a medicine for inflammatory diseases because it works as an oral **anti-inflammatory agent**.
- The consumption of sapodilla fruit benefits in reducing the level of infections. It helps in lessening viral diseases in addition to **bacterial infections** within the body. It also **decreases inflammation** caused by swelling and helps to ease pain.
- Sapodilla is a **natural sedative**. It is used to relax the nerves and also to relieve **stress**. It is often suggested as a part of the diet of those struggling with **insomnia and panic disorders**. It is one of the best **natural anti-depressants** prescribed by medical practitioners for disorders like MDD (major depressive disorder), Unipolar Disorder and so on.
- Sapodilla also helps in the **treatment of cold and cough**. Consumption of this fruit helps to remove nose blockage and also in case of persistent coughs.

8 – Lemon



Name of Plant Species: *Citrus medica*

Height in cm: 33.27 (as on 14.09.2018)

Width in cm: 30.48 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Honorary Captain
Subedar Karam Singh

Citron is actually one of among the original 4 citrus fruits – the others being pomelo, papeda and mandarin.

- The potassium, vitamin C and other electrolytes in this fruit help to **improve blood pressure** by **reducing strain on the arteries** and **lowering your risk of heart attack, atherosclerosis and stroke.**
- With a significant level of vitamin C, citron is able to stimulate the **immune system** and **increase the production of white blood cells**, the body's first line of defence against infections.
- There are many **antioxidants** in citron, making it an ideal way to sweep out free radicals in the body and **reduce your chances of oxidative stress-related chronic disease.**
- **Anti-inflammatory and analgesic properties** of the juice and essential oil of this fruit make it ideal for acute pain, or chronic problems, such as headaches or discomfort from arthritis.
- Medicinally speaking, the essential oil is widely used in the treatment of both topical and internal problems; it is an **antibiotic** and is known to soothe the stomach and conditions of **constipation and nausea** among many others.
- Citron is one of the original citrus fruits, whereas lemon is a hybrid, albeit an extremely popular one. Lemon tends to have a rather thin rind, a bitter and astringent taste, while citron has a very thick rind, a limited amount of juice and a milder flavour than lemon.
- The juice and oil from this fruit are able to balance acidity levels in the gut and **improve overall digestive efficiency**, while also **eliminating problems like excess flatulence, constipation and nausea.**

Scientific classification

Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	Citrus
Species:	<i>C. medica</i>

9 - Jack Fruit



Name of Plant Species:

Artocarpus heterophyllus

Height in cm: 38.35 (as on 14.09.2018)

Width in cm: 35.56 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Major Ramaswamy

Parameswaran

The jackfruit (*Artocarpus heterophyllus*), also known as jack tree, is a species of tree in the fig, mulberry and breadfruit family *Moraceae* native to southwest India.

The jackfruit tree is well-suited to tropical lowlands, and its fruit is the largest tree-borne fruit, reaching as much as 55 kg (120 lb) in weight, 90 cm (35 in) in length, and 50 cm (20 in) in diameter. A mature jackfruit tree can produce about 100 to 200 fruits in a year. The jackfruit is a multiple fruit, composed of hundreds to thousands of individual flowers, and the fleshy petals are eaten.

Scientific classification	
Kingdom:	Plantae
Order:	Rosales
Family:	Moraceae
Genus:	Artocarpus
Species:	<i>A. heterophyllus</i>

Nutritional value per 100 g (3.5 oz)	
Energy	397 kJ (95 kcal)
Sugars	19.08 g
Dietary fibre	1.5 g
Fat	0.64 g
Protein	1.72 g
Vitamin A equiv. beta-Carotene lutein zeaxanthin	(1%)5 µg (1%)61 µg 157 µg
Thiamine (B1)	(9%)0.105 mg
Riboflavin (B2)	(5%)0.055 mg
Niacin (B3)	(6%)0.92 mg
Pantothenic acid (B5)	(5%)0.235 mg
Pyridoxine (B6)	(25%)0.329 mg
Folate (B9)	(6%)24 µg
Vitamin C (L. ascorbic acid)	(17%)13.8 mg
Vitamin E (phylloquinone)	(2%)0.34 mg
Calcium	(2%)24 mg
Iron	(2%)0.23 mg
Magnesium	(8%)29 mg
Manganese	(2%)0.043 mg
Phosphorus	(3%)21 mg
Potassium	(10%)448 mg
Sodium	(0%)2 mg
Zinc	(1%)0.13 mg
Water	73.5 g

- Due to its richness with antioxidants and phytonutrient properties, plus its content of vitamin C, jackfruit can cure different types of cancer such as **lung cancer, breast cancer, gastric cancer, skin cancer and prostate cancer**. These properties treat cell damage and develop resistance.
- With its high amount of potassium, jackfruit **reduces and controls blood pressure** which consequently lowers the chances of heart attacks, strokes, and cardio-disorder in general.
- With its richness of vitamin A, jackfruit is good for maintaining **healthy eye sight** as it enhances eye vision and acts as a preventer **against cataract and macular degeneration**. It's also regarded as an active **anti-ageing component for skin radiance**. It protects damaged skin caused by sun exposure and treats wrinkles.
- Sleeping disorders can be cured by eating jackfruit, due to its richness with magnesium and iron that assist in **improving the overall quality of sleep**. Magnesium also helps in preventing **anaemia** which is one of the major causes of **insomnia**.
- For a good supplement of **calcium for healthy bones**, eating jackfruit is highly recommended. Besides calcium, it **contains vitamin C and magnesium** which further assists in calcium absorption.
- **Fatigue, stress and muscle weakness** can also be treated by consuming jackfruit in daily diet for its rich content of vitamins such as thiamine and niacin (A portion of 100 g of jackfruit pulp provides 4 mg of niacin). It is also a perfect source of energy.
- As obesity rates are on the rise, jackfruit can help in **weight loss** because it's free of fat and low in calories that enable dieters to safely and comfortably consume it and fully get benefits from all its other nutrients.
- Jackfruit contributes in **improving the digestive system** when eating it regularly due to its high content of fibres (3.6 g for every 100 g). It causes no stomach pain even if eaten in huge quantities and improves the bowel movement. It also protects the colon by removing carcinogenic chemicals out of the large intestine.
- Although extremely sweet in taste, jackfruits are safely consumed by diabetics because it slowly absorbs sugar into the bloodstream which enables diabetic patients to safely consume it while getting all its health benefits. It also increases glucose tolerance for both types of diabetes. **Jackfruit is diabetes friendly.**
- As typical drugs for ulcer medication leave several side effects, jackfruit is the best way to **treat ulcer disorder** because it contains powerful **anti-ulcerative, antiseptic, anti-inflammatory and antioxidant properties**.
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- As typical drugs for ulcer medication leave several side effects, jackfruit is the best way to **treat ulcer disorder** because it contains powerful **anti-ulcerative, antiseptic, anti-inflammatory and antioxidant properties**.

11 - Star Gooseberry



Name of Plant Species: *Phyllanthus acidus*

Height in cm: 33.27 (as on 14.09.2018)

Width in cm: 27.94 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Karnad Sadashiv Rao

(Freedom Fighter)

Star Gooseberry or *Phyllanthus acidus* is an intermediary between a shrub and tree, reaching 2 to 9 m (6½ to 30 ft) high. The tree's dense and bushy crown is composed of thickish, tough main branches, at the end of which are clusters of deciduous, greenish, 15 to 30 cm long branchlets. The branchlets bear alternate leaves that are ovate or lanceolate in form, with short petioles and pointed ends. The leaves are 2-7.5 cm long and thin.

Scientific classification

Kingdom:	Plantae
Order:	Malpighiales
Family:	Phyllanthaceae
Genus:	<i>Phyllanthus</i>
Species:	<i>P. acidus</i>

- It has anti-bacterial activity against many infections.
- It has strong antinematodal activity that helps to fight against nematode infection.
- The leaves of star gooseberries are rich flavonoids and phenolic compounds, that has analgesic, anti-inflammatory and antioxidant activities.
- It helps to protect liver against injuries and oxidants stress damage, due to its antioxidants and free radical-scavenging potentials.
- It is effective in many respiratory conditions including pneumonia.
- It extracts may provide treatment against cystic fibrosis of the lungs.
- Its leaf has diuretic potential, that helps to promote production of urine, elimination of excess water and salts from the body.

13 - Pomegranate



Name of Plant Species: *Punica granatum*

Height in cm: 32.51 (as on 14.09.2018)

Width in cm: 27.94 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: R.S. Hukkerikar
(Freedom Fighter)

The pomegranate (*Punica granatum*) is a fruit-bearing deciduous shrub in the family *Lythraceae* that grows between 5 and 10 m (16 and 33 ft) tall. The fruit is typically in season in the Northern Hemisphere from September to February and in the Southern Hemisphere from March to May.

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Lythraceae
Genus:	<i>Punica</i>
Species:	<i>P. granatum</i>

Nutritional value per 100 g (3.5 oz)	
Energy	346 kJ (83 kcal)
Carbohydrates	18.7 g
Sugars	13.67 g
Dietary fiber	4 g
Fat	1.17 g
Protein	1.67 g
Thiamine (B1)	(6%)0.067 mg
Riboflavin (B2)	(4%)0.053 mg
Niacin (B3)	(2%)0.293 mg
Pantothenic acid (B5)	(8%)0.377 mg
Pyridoxine (B6)	(6%)0.075 mg
Folate (B9)	(10%)38 µg
Choline	(2%)7.6 mg
Vitamin C (L. ascorbic acid)	(12%)10.2 mg
Vitamin E (Phylloquinone)	(4%)0.6 mg
Vitamin K (Tocopherol)	(16%)16.4 µg
Calcium	(1%)10 mg
Iron	(2%)0.3 mg
Magnesium	(3%)12 mg
Manganese	(6%)0.119 mg
Phosphorus	(5%)36 mg
Potassium	(5%)236 mg
Sodium	(0%)3 mg
Zinc	(4%)0.35 mg

- Pomegranate is rich in **antioxidants** and thus protects our body from **free radicals**, which are responsible for premature **ageing**. Free radicals are formed by exposure to sun and due to harmful toxins in the environment.
- They are also rich in **vitamin C**, which boosts antibody production and helps in the **development of immunity**. Pomegranates can thus help you to maintain a healthy immune system and keep common illnesses and infections at bay.
- **Punicic acid** is one of the main constituents of pomegranate that help **lower cholesterol, triglycerides and reduce blood pressure**.
- Certain compounds in pomegranate exhibit strong antiplaque effects.
- **Pomegranate helps in digestion**. Antioxidants present in pomegranate act as a 'thinner for your blood'. The seeds of pomegranate prevent your **blood platelets** from forming **clots and coagulating**.
- The antioxidant property of pomegranate prevents bad cholesterol from oxidizing.
- So, eating pomegranates removes the **excess fat and prevents the hardening of artery walls**.
- Pomegranate **helps to pump the level of oxygen** in our blood. This eventually helps blood to flow freely and thus improve the level of oxygen in your body.
- Pomegranate can **reduce the damage of the cartilage by fighting the enzyme**.
- Pomegranate juice can slightly improve **erectile disfunction**.
- The studies claim that pomegranate juice can fight **prostate cancer**.
- Apart from **reducing body's internal oxidative stress**, pomegranates also help lower **psychological stress** that you go through in your personal and professional life.

14 - Water Apple/ Rose Apple



Name of Plant Species:

Syzygium samarangense

Height in cm: 39.88 (as on 14.09.2018)

Width in cm: 33.02 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: S. Nijalingappa (Freedom Fighter)

It has a glossy, thin, green or red skin, though a variety of the fruit in Indonesia has a white skin. *Syzygium samarangense* is a tropical tree growing to 12 metres (39 ft) tall, with evergreen leaves 10–25 centimetres (4–10 in) long and 5–10 centimetres (2–4 in) broad. The leaves are elliptic, but rounded at the base; they are aromatic when crushed. The trunk is relatively short, with a wide yet open crown starting low on the tree.

Nutritional value per 100 g (3.5 oz)

Energy	105 kJ (25 kcal)
Carbohydrates	5.70 g
Fat	0.30 g
Protein	0.60 g
Thiamine (B1)	(2%) 0.020 mg
Riboflavin (B2)	(3%) 0.030 mg
Niacin (B3)	(5%) 0.800 mg
Vitamin C (L.ascorbic acid)	(27%) 22.3 mg
Calcium	(3%) 29 mg
Iron	(1%) 0.07 mg
Magnesium	(1%) 5 mg
Phosphorus	(1%) 8 mg
Potassium	(3%) 123 mg
Sodium	(0%) 0 mg
Zinc	(1%) 0.06 mg

Scientific classification

Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Syzygium</i>
Species:	<i>S. samarangense</i>

- Water apples are an **excellent source of calcium** which plays an essential role in maintaining **good bone health**. A 100 gram serving of rose apples provides 29mg of calcium, which means eating this fruit daily gives you adequate calcium requirement and in the process makes bones stronger.
- Water apples have excellent nutritional value. The fruit can be had as a health snack. A 100 gram serving of water apples gives a balanced amount of minerals, vitamins, protein, fat, carbohydrates and energy. After a tiring day or after a tiring workout having water apples as a snack is a great way to feel refreshed and get instant energy.
- Water apples **have a diverse range of bioactive compounds** that can **lower blood sugar levels**. According to research the presence of jambosine, an alkaloid helps stabilize sugar levels in diabetics.
- Water apples have a complex mix of minerals and vitamins that helps to eliminate toxins from our body. Including water apples in your diet helps in fighting against harmful toxins. This fruit is used in detoxification diets for its antioxidant properties.
- Regular consumption of water apples boosts immunity. With good immunity the body is able to fight against infections. The combination of minerals and vitamins along with antioxidants present in water apples strengthen and improve the function of WBCs (white blood cells) that play an important role in protecting the body from infectious diseases.
- Water apples are used as a home treatment for **diarrhea**. Flowers of water apples are astringent. A mixture of flower and fruit is used to stop attacks of diarrhea. The presence of tannins help dry watery secretions associated with diarrhea.
- Individuals suffering from **bladder infections** should include water apples/rose apples in their diet. The fruit has a combination of chemical compounds that help flush out toxins through urine. Being a

natural diuretic, it helps stimulate urine disposal or launch urine for individuals with bladder problems. Water apples are also used as a folk medicine for treatment of UTI.

- The fruit is an excellent source of **vitamin C** which plays a vital role in keeping skin healthy. Consuming water apples regularly gives skin a natural glow and also prevents acne breakouts. 100 grams of rose apples provide 22.3 g or vitamin C. Regular consumption of water apples repairs damaged skin cells making skin firmer and preventing sagging and wrinkles thereby making you look younger and slowing down skin ageing.
- Expectant mothers get **dehydrated** rather frequently. During pregnancy women feel nausea and suffer from attacks of vomiting. The body gets dehydrated after vomiting. Eating water apples is an excellent way for pregnant women to keep hydrated. Individuals suffering from Coeliac disease should include water apples in their diet. Coeliac disease often affects the small intestine and causes **gastrointestinal** problems such as **malabsorption, diarrhea**, loss of appetite and abdominal distention. Water apples have antioxidants that help repair damaged stomach lining caused by **coeliac disease**.

16 - Mango



Name of Plant Species: *Mangifera indica*

Height in cm: 22.35 (as on 14.09.2018)

Width in cm: 13.97 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Narayan Shrinivas Rajpurohit (Freedom Fighter)

A fleshy, oval, yellowish-red tropical fruit that is eaten ripe or used green for pickles or chutneys. Mango trees grow to 35 – 40 m (115–131 ft) tall, with a crown radius of 10 m (33 ft). The trees are long-lived, as some specimens still fruit after 300 years. In deep soil, the taproot descends to a depth of 6 m (20 ft), with profuse, wide-spreading feeder roots and anchor roots penetrating deeply into the soil. The leaves are evergreen, alternate, simple, 15–35 cm (5.9–13.8 in) long, and 6–16 cm (2.4 - 6.3 in) broad.

Scientific classification	
Kingdom:	Plantae
Family:	Anacardiaceae
Genus:	Mangifera L.
Kingdom:	Plantae
Family:	Anacardiaceae
Genus:	Mangifera
Species:	<i>M. indica</i>

Nutritional value per 100 g (3.5 oz)	
Energy	250 kJ (60 kcal)
Carbohydrates	15 g
Sugars	13.7
Dietary fibre	1.6 g
Fat	0.38 g
Protein	0.82 g
Vitamin A equiv. beta-Carotene lutein zeaxanthin	(7%) 54 µg (6%) 640 µg 23 µg
Thiamine (B1)	(2%) 0.028 mg
Riboflavin (B2)	(3%) 0.038 mg
Niacin (B3)	(4%) 0.669 mg
Pantothenic acid (B5)	(4%) 0.197 mg
Pyridoxine (B6)	(9%) 0.119 mg
Folate (B9)	(11%) 43 µg
Choline	(2%) 7.6 mg
Vitamin C (L. ascorbic acid)	(44%) 36.4 mg
Vitamin E (Phylloquinone)	(6%) 0.9 mg
Vitamin K (Tocopherol)	(4%) 4.2 µg
Calcium	(1%) 11 mg
Iron	(1%) 0.16 mg
Magnesium	(3%) 10 mg
Manganese	(3%) 0.063 mg
Phosphorus	(2%) 14 mg
Potassium	(4%) 168 mg
Sodium	(0%) 1 mg

- Mangoes contain high amounts of **vitamin A and C**, which helps to produce **collagen proteins** inside the body. Collagen helps protect blood vessels and the body's connective tissues, thereby **slowing down the natural ageing process**. Therefore, mangoes can rightly be called an **anti-ageing food**.
- Mangoes are **rich in iron**, which makes them beneficial for people suffering from **anaemia**. A regular, moderated intake can help eliminate anaemia by increasing the red blood cell count in the body.
- Mangoes have abundant quantities of **vitamin B6**, which is vital for maintaining and improving the **brain's function**. These vitamins aid in the amalgamation of the major neurotransmitters that contribute in determining mood and the modification of sleeping patterns. With mangoes as a part of your diet, you can be assured of a **healthy brain and effective nerve functioning**.
- Mangoes are rich in **beta-carotene**, a powerful carotenoid. This element helps to enhance the **immune system** and make it impervious to bacteria and toxins. Excess beta-carotene is also transformed into **vitamin A** inside the body. Vitamin A is another antioxidant that gives you additional protection against the free radicals harming your internal systems.
- Mangoes **have high amounts of pectin**, a soluble dietary fibre that efficiently contributes to lower cholesterol levels in the blood. Pectin can also help **prevent the development of prostate cancer**.
- The tonic made from mangoes is used to **treat bleeding gums, anaemia, cough, constipation, nausea, fever, seasickness and as a cure for weak digestion**.
- Mango consumption is one of the easiest ways to **gain weight**. **150g of mango has around 86 calories**, which can be absorbed easily by the body. Moreover, they contain starch, which transforms into sugar and aids in gaining weight.
- Mangoes play a prominent role in **eliminating** problems such as **indigestion and excess acidity**. The

digestive enzymes in them help promote natural and efficient digestion. The bioactive ingredients in mangos like **esters, terpenes** and **aldehydes** contribute in enhancing appetite and also improve the function of the digestive system.

- Mangoes are **beneficial for pregnant women** since they fulfil the **iron requirements** during pregnancy.
- Mango leaves are also helpful in **curing diabetes** as it manages the blood sugar levels of diabetics.

17 - Indian Gooseberries



Name of Plant Species: *Phyllanthus emblica*

Height in cm: 36.83 (as on 14.09.2018)

Width in cm: 43.18 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: G.R. Pandeshwar (Freedom Fighter)

The gooseberry is a species of *Ribes* (which also includes the currants). It is native to Europe, the Caucasus and northern Africa. The species is also sparingly naturalized in scattered locations in North America. Gooseberry bushes produce an edible fruit and are grown on both a commercial and domestic basis.

Scientific classification	
Kingdom:	Plantae
Order:	Malpighiales
Family:	Phyllanthaceae
Genus:	<i>Phyllanthus</i>
Species:	<i>P. emblica</i>

Nutritional value per 100 g (3.5 oz)	
Energy	184 kJ (44 kcal)
Carbohydrates	10.18 g
Dietary fiber	4.3 g
Fat	0.58 g
Protein	0.88 g
Vitamin A equiv.	2% 15 µg
Thiamine (B1)	3% 0.04 mg
Riboflavin (B2)	3% 0.03 mg
Niacin (B3)	2% 0.3 mg
Pantothenic acid (B5)	6% 0.286 mg
Vitamin B6 (pyridoxine)	6% 0.08 mg
Folate (B9)	2% 6 µg
Vitamin C (L. ascorbic acid)	33% 27.7 mg
Vitamin E (phylloquinone)	2% 0.37 mg
Calcium	3% 25 mg
Copper	4% 0.07 mg
Iron	2% 0.31 mg
Magnesium	3% 10 mg
Manganese	7% 0.144 mg
Phosphorus	4% 27 mg
Potassium	4% 198 mg
Sodium	0% 1 mg
Zinc	1% 0.12 mg
Water	87.87 g

- The iron in the Indian Gooseberries fruit helps to **improve the content of the red blood cells and haemoglobin**.
- The high vitamin C and calcium content helps the body **build the bones** and keep them healthy. It guards against osteoclast action that destroys the bone.
- It enlarges the radical fighting property of the body due to its high content of antioxidants. When used regularly, the Indian gooseberry will build your **immunity power** significantly. It provides protection from diseases such as cancer.
- This fruit loosens the stools **and improves the bowel movement**.
- It promotes the **production of urine**. It thereby removes the excess water and promotes good health.
- It helps flush out the toxins in the body. It **promotes liver health**. It helps to prevent infection from diseases such as scurvy.
- It helps **prevent or relieve dysentery**. Dysentery is the diarrhea that shows blood in it. People have a feeling of incomplete excretion and may also have fever and abdominal pain.
- It kills or prevents the growth of bacteria and thereby prevents **bacterial infections**. Bacterial infections include pharyngitis, urinary tract infection, acne, tuberculosis, croup, gonorrhoea, sepsis, bacterial vaginosis, Stevens-Johnson syndrome, streptococcal pharyngitis, pilonidal cyst, and so on.
- It gives protection from attack of the free radicals. This **prevents cell damage** and the **ageing of cells**.
- It augments the overall health system. **It helps one to lose weight**. This is due to the enhanced metabolism that happens when you eat the Indian gooseberry. The fibre content helps augment the bowel movement. **This helps your body metabolism function better**.
- Pollution is the common cause for these types of respiratory diseases. The antioxidant action of the fruit **helps**

overcome the pathogens that attack the body systems.

- This taste activates **the digestive enzymes and thereby improves the digestive process**. You can cure bloating and acidity by taking the Indian gooseberry powder in milk daily. This fruit can **pure the blood easily**. It helps to reduce the levels of c-reactive protein and the triglycerides. It prevents the formation of **plaque and removes fats** from the blood vessels. **The iron content helps in the production of new blood cells**.
- It proves **useful for curing respiratory disorders such as asthma** and helps alleviate all symptoms of respiratory infections by opening out the respiratory passages and removing all blockages. It prevents the bacteria from growing in these places.
- It prevents the formation of **blockages in the blood vessels by reducing the cholesterol level**. The level of the serum cholesterol in the blood drops significantly due to the sustained action of the antioxidants. We see a drop in the low-density lipoproteins.
- The Indian gooseberry **improves all the seven tissues including the reproductive tissue**. This is applicable for both men and women. Therefore, if you add this to your daily diet, there is an increased chance of conceiving.

18 – Sapodilla



Name of Plant Species: *Manilkara zapota*

Height in cm: 39.62 (as on 14.09.2018)

Width in cm: 29.21 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: K.G. Gohkale (Freedom Fighter)

Manilkara zapota, commonly known as sapodilla, sapota, chikoo or nispero is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft). The average height of cultivated specimens, however, is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). It is wind-resistant and the bark is rich in a white, gummy latex called chicle.

Scientific classification

Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	<i>Manilkara</i>
Species:	<i>M. zapota</i>

Nutritional value per 100 g (3.5 oz)

Energy	347 kJ (83 kcal)
Carbohydrates	19.96 g
Dietary fiber	5.3 g
Fat	1.1 g
Protein	0.44 g
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.2 mg
Pantothenic acid (B5)	(5%) 0.252 mg
Pyridoxine (B6)	(3%) 0.037 mg
Folate (B9)	(4%) 14 µg
Vitamin C (L. ascorbic acid)	(18%) 14.7 mg
Calcium	(2%) 21 mg
Iron	(6%) 0.8 mg
Magnesium	(3%) 12 mg
Phosphorus	(2%) 12 mg
Potassium	(4%) 193 mg
Sodium	(1%) 12 mg
Zinc	(1%) 0.1 mg

- It contains important vitamins like **vitamin A and vitamin C**. Vitamin A helps to ensure **proper vision and helps to maintain healthy skin and mucus membrane**. It offers protection from oral cavities and lung cancer. Similarly, vitamin C helps the body to develop a resistance against pathogens and to destroy free radicals.
- Sapodilla is an excellent source of minerals such as **potassium, copper and iron**. In addition to these minerals, it also consists of foliate and niacin acid. These vitamins and minerals help in making the body **powerful and energetic**.
- **Folic acid** contained in this fruit is used in the formation of red blood cells and also help in the development of the fetus during pregnancy. It also helps to prevent the formation of homocysteine which is harmful for health.
- Sapodilla has high **natural latex** that is commonly used by dentists to fill up the **tooth cavities**.
- The biggest qualities of sapodilla are its **haemostatic qualities**. This fruit is extremely valuable in stopping the loss of blood. It helps in decreasing blood loss in piles, injuries and in many other medical terminologies.
- The simple sugars like **fructose and sucrose** that are the main ingredients of this fruit rejuvenate the body with natural energy.
- It is good for **digestion** and it is able to prevent the occurrence of **colon cancer**.
- Consumption of sapodilla mixture with a pinch of salt is a recommended home therapy for the cure of **constipation**.
- The leaves of the sapodilla fruit can also be used as a medicine for inflammatory diseases because it works as an oral **anti-inflammatory agent**.
- The consumption of sapodilla fruit benefits in reducing the level of infections. It helps in lessening viral diseases in addition to **bacterial infections** within the body. It also **decreases inflammation** caused by swelling and helps to ease pain.
- Sapodilla is a **natural sedative**. It is used to relax the nerves and also to relieve **stress**. It is often suggested as a part of the diet of those struggling with **insomnia and panic disorders**. It is one of the best **natural anti-depressants** prescribed by medical practitioners for disorders like MDD (major depressive disorder), Unipolar Disorder and so on.
- Sapodilla also helps in the **treatment of cold and cough**. Consumption of this fruit helps to remove nose blockage and also in case of persistent coughs.

19 - Custard Apple



Name of Plant Species: *Annona squamosa*

Height in cm: 30.48 (as on 14.09.2018)

Width in cm: 27.94 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Huilgol Narayan Rao (Poet)

The fruits vary in shape, heart-shaped, spherical, oblong or irregular. The size ranges from 7 centimetres (2.8 in) to 12 centimetres (4.7 in), depending on the cultivar. When ripe, the fruit is brown or yellowish, with red highlights and a varying degree of reticulation, depending again on the variety. The flesh varies from juicy and very aromatic to hard with a repulsive taste. The flavor is sweet and pleasant, akin to the taste of 'traditional' custard.

Scientific classification

Kingdom:	Plantae
Order:	Magnoliales
Family:	Annonaceae
Genus:	<i>Annona</i>
Species:	<i>Annona squamosa</i>

Nutritional value per 100 g (3.5 oz)

Energy	393 kJ (94 kcal)
Carbohydrates	23.64 g
Dietary fiber	4.4 g
Fat	0.29 g
Protein	2.06 g
Thiamine (B1)	10% 0.11 mg
Riboflavin (B2)	9% 0.113 mg
Niacin (B3)	6% 0.883 mg
Pantothenic acid (B5)	5% 0.226 mg
Vitamin B6 (Pyridoxine)	15% 0.2 mg
Folate (B9)	4% 14 µg
Vitamin C (L. Ascorbic acid)	44% 36.3 mg
Calcium	2% 24 mg
Iron	5% 0.6 mg
Magnesium	6% 21 mg
Manganese	20% 0.42 mg
Phosphorus	5% 32 mg
Potassium	5% 247 mg
Sodium	1% 9 mg
Zinc	1% 0.1 mg

- Custard apple is **rich in vitamin B6**, which help reduce the **bronchial inflammation** and help prevent **asthmatic attacks**.
- Custard apple is rich in copper and dietary fibre, which helps assist digestion, help ease bowel movement and **relives from constipation**. Sun dried custard apple pulp can be crushed into powder and consumption of the powder with water will help heal diarrhea.
- Custard apples are good sources of potassium and magnesium which help keep the **blood pressure levels in control**. For those with fluctuating blood pressure levels, custard apple fruit a day will help to keep them in control.
- Custard apples contain high levels of **niacin and dietary fibre**, which help lower cholesterol levels effectively.
- Custard apples are good for those who need to **gain weight**. A mixture of honey and custard apple when consumed regularly will help add on the required weight and the calories required.
- Custard apple helps **develop the brain, nervous system and immune system of a fetus effectively**. Regular consumption of custard apple also reduces the risk of miscarriage during pregnancy and minimizes the extent of labour pain during childbirth. The pregnancy-wonder fruit also helps the expectant mother to cope with morning sickness, fight nausea, numbness and mood swings. Regular consumption during pregnancy is excellent for production of breast milk.
- The magnesium content in custard apples helps defend the heart from **cardiac attack and can help relax the muscles**. Moreover, vitamin B6 in custard apples helps to prevent homocystein collection which also minimize the risk of heart diseases.
- Having custard apple for diabetes is considered very effective. The abundance of dietary fibre in custard apple helps slow down the **absorption of sugar and reduces the risk of developing type-2 diabetes**

20 – Citron



Name of Plant Species: *Citrus medica*

Height in cm: 33.35 (as on 14.09.2018)

Width in cm: 29.97 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Sediypu Krishna Batta

(Poet)

Citron is actually one of the original 4 citrus fruits – the others being pomelo, papaya, and mandarin.

- The potassium, vitamin C and other electrolytes in this fruit help to **improve blood pressure** by **reducing strain on the arteries** and **lowering your risk of heart attack, atherosclerosis and stroke.**
- With a significant level of vitamin C, citron is able to stimulate the **immune system** and **increase the production of white blood cells**, the body's first line of defence against infections.
- There are many **antioxidants** in citron, making it an ideal way to sweep out free radicals in the body and **reduce your chances of oxidative stress-related chronic disease.**
- **Anti-inflammatory and analgesic properties** of the juice and essential oil of this fruit make it ideal for acute pain, or chronic problems, such as headaches or discomfort from arthritis.
- Medicinally speaking, the essential oil is widely used in the treatment of both topical and internal problems; it is an **antibiotic** and is known to soothe the stomach and conditions of **constipation and nausea** among many others.
- Citron is one of the original citrus fruits, whereas lemon is a hybrid, albeit an extremely popular one. Lemon tends to have a rather thin rind, a bitter and astringent taste, while citron has a very thick rind, a limited amount of juice and a milder flavour than lemon.
- The juice and oil from this fruit are able to balance acidity levels in the gut and **improve overall digestive efficiency**, while also **eliminating problems like excess flatulence, constipation and nausea.**

Scientific classification

Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	<i>Citrus</i>
Species:	<i>C. medica</i>

21 - Custard Apple



Name of Plant Species: *Annona squamosa*

Height in cm: 34.54 (as on 14.09.2018)

Width in cm: 28.95 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Devudu Narasimha Shastri
(Poet)

The fruits vary in shape, heart-shaped, spherical, oblong or irregular. The size ranges from 7 centimetres (2.8 in) to 12 centimetres (4.7 in), depending on the cultivar. When ripe, the fruit is brown or yellowish, with red highlights and a varying degree of reticulation, depending again on the variety. The flesh varies from juicy and very aromatic to hard with a repulsive taste. The flavor is sweet and pleasant, akin to the taste of 'traditional' custard.

Scientific classification	
Kingdom:	Plantae
Order:	Magnoliales
Family:	Annonaceae
Genus:	<i>Annona</i>
Species:	<i>Annona cherimoya</i>

Nutritional value per 100 g (3.5 oz)	
Energy	313 kJ (75 kcal)
Carbohydrates	17.71 g
Sugars	12.87
Dietary fiber	3 g
Fat	0.68 g
Protein	1.57 g
Thiamine (B1)	9% 0.101 mg
Riboflavin (B2)	11% 0.131 mg
Niacin (B3)	4% 0.644 mg
Pantothenic acid (B5)	7% 0.345 mg
Vitamin B6 (Pyridoxine)	20% 0.257 mg
Folate (B9)	6% 23 µg
Vitamin C (L. ascorbic acid)	15% 12.6 mg
Vitamin E (Phylloquinone)	2% 0.27 mg
Calcium	1% 10 mg
Iron	2% 0.27 mg
Magnesium	5% 17 mg
Manganese	4% 0.093 mg
Phosphorus	4% 26 mg
Potassium	6% 287 mg
Sodium	0% 7 mg
Zinc	2% 0.16 mg

- Custard apple is **rich in vitamin B₆**, which help reduce the **bronchial inflammation** and help prevent **asthmatic attacks**.
- Custard apple is rich in copper and dietary fibre, which helps assist digestion, help ease bowel movement and **relives from constipation**. Sun dried custard apple pulp can be crushed into powder and consumption of the powder with water will help heal diarrhea.
- Custard apples are good sources of potassium and magnesium which help keep the **blood pressure levels in control**. For those with fluctuating blood pressure levels, custard apple fruit a day will help to keep them in control.
- Custard apples contain high levels of **niacin and dietary fibre**, which help lower cholesterol levels effectively.
- Custard apples serve as a stimulant, coolant, expectorant and haematinic. Moreover, the rich iron source is also useful in **treating anaemia**.
- Custard apple is great **for healthy skin, healthy hair and better eyesight**. It plays a role in **moisturisation and anti-ageing**. The creamy flesh or pulp can be used as a balm to **treat boils and ulcers**. The outer skin of custard apple is helpful in combating against tooth decay and gum pain.
- Custard apples are good for those who need to **gain weight**. A mixture of honey and custard apple when consumed regularly will help add on the required weight and the calories required.
- Custard apple helps **develop the brain, nervous system and immune system of a fetus effectively**. Regular consumption of custard apple also reduces the risk of miscarriage during pregnancy and minimizes the extent of labour pain during childbirth. The pregnancy-wonder fruit also helps the expectant mother to cope with morning sickness, fight nausea, numbness and mood swings. Regular consumption during pregnancy is excellent for production of breast milk.
- The magnesium content in custard apples helps defend the heart from **cardiac attack and can help relax the muscles**. Moreover, vitamin B6 in custard apples helps to prevent homocystein collection which also minimize the risk of heart diseases.
- Having custard apple for diabetes is considered very effective. The abundance of dietary fibre in custard apple helps slow down the **absorption of sugar and reduces the risk of developing type-2 diabetes**

22 - Mango



Name of Plant Species: *Mangifera indica*

Height in cm: 27.43 (as on 14.09.2018)

Width in cm: 20.32 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Sali Ramachandra Rayaru (Poet)

A fleshy, oval, yellowish-red tropical fruit that is eaten ripe or used green for pickles or chutneys. Mango trees grow to 35 - 40 m (115–131 ft) tall, with a crown radius of 10 m (33 ft). The trees are long-lived, as some specimens still fruit after 300 years. In deep soil, the taproot descends to a depth of 6 m (20 ft), with profuse, wide-spreading feeder roots and anchor roots penetrating deeply into the soil. The leaves are evergreen, alternate, simple, 15–35 cm (5.9–13.8 in) long, and 6–16 cm (2.4 - 6.3 in) broad.

Scientific classification

Kingdom:	Plantae
Family:	Anacardiaceae
Genus:	<i>Mangifera</i> L.
Kingdom:	Plantae
Family:	Anacardiaceae
Genus:	<i>Mangifera</i>

Species:

M. indica

Nutritional value per 100 g (3.5 oz)

Energy	250 kJ (60 kcal)
Carbohydrates	15 g
Sugars	13.7
Dietary fiber	1.6 g
Fat	0.38 g
Protein	0.82 g
Vitamin A equiv. beta-carotene luteinzeaxanthin	(7%) 54 µg (6%) 640 µg 23 µg
Thiamine (B1)	(2%) 0.028 mg
Riboflavin (B2)	(3%) 0.038 mg
Niacin (B3)	(4%) 0.669 mg
Pantothenic acid (B5)	(4%) 0.197 mg
Pyridoxine (B6)	(9%) 0.119 mg
Folate (B9)	(11%) 43 µg
Choline	(2%) 7.6 mg
Vitamin C (L. ascorbic acid)	(44%) 36.4 mg
Vitamin E (Phylloquinone)	(6%) 0.9 mg
Vitamin K (Tocopherol)	(4%) 4.2 µg
Calcium	(1%) 11 mg
Iron	(1%) 0.16 mg
Magnesium	(3%) 10 mg
Manganese	(3%) 0.063 mg
Phosphorus	(2%) 14 mg
Potassium	(4%) 168 mg
Sodium	(0%) 1 mg
Zinc	(1%) 0.09 mg

- Mangoes contain high amounts of **vitamin A and C**, which helps to produce **collagen proteins** inside the body. Collagen helps protect blood vessels and the body's connective tissues, thereby **slowing down the natural ageing process**. Therefore, mangoes can rightly be called an **anti-ageing food**.
- Mangoes are **rich in iron**, which makes them beneficial for people suffering from **anaemia**. A regular, moderated intake can help eliminate anaemia by increasing the red blood cell count in the body.
- Mangoes have abundant quantities of **vitamin B₆**, which is vital for maintaining and improving the **brain's function**. These vitamins aid in the amalgamation of the major neurotransmitters that contribute in determining mood and the modification of sleeping patterns. With mangoes as a part of your diet, you can be assured of a **healthy brain and effective nerve functioning**.
- Mangoes are rich in **beta-carotene**, a powerful carotenoid. This element helps to enhance the **immune system** and make it impervious to bacteria and toxins. Excess beta-carotene is also transformed into **vitamin A** inside the body. Vitamin A is another antioxidant that gives you additional protection against the free radicals harming your internal systems.
- Mangoes **have high amounts of pectin**, a soluble dietary fibre that efficiently contributes to lower cholesterol levels in the blood. Pectin can also help **prevent the development of prostate cancer**.
- The tonic made from mangoes is used to **treat bleeding gums, anaemia, cough, constipation, nausea, fever, seasickness and as a cure for weak digestion**.
- Mango consumption is one of the easiest ways to **gain weight**. **150g of mango has around 86 calories**, which can be absorbed easily by the body. Moreover, they contain starch, which transforms into sugar and aids in gaining weight.
- Mangoes play a prominent role in **eliminating** problems such as **indigestion and excess acidity**. The digestive enzymes in them help promote natural and efficient digestion. The bioactive ingredients in mangos like **esters, terpenes and aldehydes** contribute in enhancing appetite and also improve the function of the digestive system.
- Mangoes are **beneficial for pregnant women** since they fulfil the **iron requirements** during pregnancy.
- Mango leaves are also helpful in **curing diabetes** as it manages the blood sugar levels of diabetics.

23 - Fig



Name of Plant Species: *Ficus carica*

Height in cm: 33.52 (as on 14.09.2018)

Width in cm: 36.57 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: K.G. Kundanagaaru (Poet)

A soft pear-shaped fruit with sweet dark flesh and many small seeds, eaten fresh or dried. *Ficus carica* is an Asian species of flowering plant in the mulberry family, known as the common fig (or just the fig). It is the source of the fruit also called the fig and as such is an important crop in those areas where it is grown commercially. *Ficus carica* is a gynodioecious (functionally dioecious), deciduous tree or large shrub, growing to a height of 7–10 metres (23–33 ft), with smooth white bark. Its fragrant leaves are 12–25 centimetres (4.7–9.8 in) long and 10–18 centimetres (3.9–7.1 in) across, and deeply lobed with three or five lobes.

Scientific classification	
Kingdom:	Plantae
Order:	Rosales
Family:	Moraceae
Tribe:	Ficeae Dumort.

Genus:	<i>Ficus</i> L.
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Nutritional value per 100 g (3.5 oz)	
Energy	310 kJ (74 kcal)
Carbohydrates	19.18 g
Sugars	16.26 g
Dietary fiber	2.9 g
Fat	0.30 g
Protein	0.75 g
Thiamine (B1)	(5%) 0.060 mg
Riboflavin (B2)	(4%) 0.050 mg
Niacin (B3)	(3%) 0.400 mg
Pantothenic acid (B5)	(6%) 0.300 mg
Pyridoxine (B6)	(9%) 0.113 mg
Folate (B9)	(2%) 6 µg
Choline	(1%) 4.7 mg
Vitamin C (L. Ascorbic acid)	(2%) 2.0 mg
Vitamin K (Tocopherol)	(4%) 4.7 µg
Calcium	(4%) 35 mg
Iron	(3%) 0.37 mg
Magnesium	(5%) 17 mg
Manganese	(6%) 0.128 mg
Phosphorus	(2%) 14 mg
Potassium	(5%) 242 mg
Sodium	(0%) 1 mg
Zinc	(2%) 0.15 mg

- Fig is a natural source of **protein, phosphorus, glucose and calcium**. Commonly seen in its dried form, dry or soaked, in both forms, figs have several potential benefits to offer. **Rich in vitamin A and C**. It is also a great source of **vitamin D** and **vitamin B**, that is crucial for our bones and skin. It should better be known as a medication instead of a dry fruit.
- It contains **phosphorus, vitamin D and calcium that help strengthen bones**. Eat figs to reduce the **risk of osteoporosis**, prevent the **thinning of bones and loss of calcium** from your body.
- Fig is high in fibre thus, it helps prevent breast cancer and it is beneficial for women of all ages. **Eating figs regularly can help reduce the risk of breast cancer**.
- Dried figs are loaded with **antioxidants**. It is rich **in vitamin E and vitamin C** thus, it acts as an antioxidant in our bodies. Dried figs have high quality of antioxidants that play a vital role in **eliminating free radicals, while preventing heart disease and kidney stones**.
- The fibre content in fig **helps lose weight** in the obese people. But don't overdo it. Consuming more than recommended may cause you to gain weight. **One slice of dried fig gives you 47 calories** and you obtain 2 grams of total fat per dried fig
- Fig contains **vitamin A** that helps **improve eye vision** and reduce the risk for macular degeneration. Figs are also helpful in getting **rid of dark circles under the eyes**, also removing wrinkles and fine lines.
- Dried fig is rich in **iron** that helps increase the amount of **haemoglobin** in our body.
- It is a healthy snack option for diabetic patients. It contains significant amount of **potassium and magnesium** that helps to stabilize the release of **insulin in our body and control blood sugar levels**.
- It is a natural laxative that helps **prevent constipation** and other digestive problems such as **Irritable Bowel Syndrome (IBS)**.
- Figs may **help boost fertility and reproductive health**. They are rich in minerals such as zinc, manganese and magnesium, which play a vital role in improving sexual health.
- Fig is one of **the low sodium foods**, hence are a perfect food to keep the effects of **hypertension** at bay. Making figs a relaxing food can help relax the nerves and bring some calmness to your day and peace to the mind.
- The soothing nature of Fig and its natural juice can **help relieve throat pain**.

24 - Custard Apple



Name of Plant Species: *Annona cherimoya*

Height in cm: **41.66** (as on 14.09.2018)

Width in cm: **23.87** (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: M. Chidananda Murthy
(Poet)

The fruits vary in shape, heart-shaped, spherical, oblong or irregular. The size ranges from 7 centimetres (2.8 in) to 12 centimetres (4.7 in), depending on the cultivar. When ripe, the fruit is brown or yellowish, with red highlights and a varying degree of reticulation, depending again on the variety. The flesh varies from juicy and very aromatic to hard with a repulsive taste. The flavor is sweet and pleasant, akin to the taste of 'traditional' custard.

Scientific classification	
Kingdom:	Plantae
Order:	Magnoliales
Family:	Annonaceae

Genus:	<i>Annona</i>
Species:	<i>Annona squamosa</i>

Nutritional value per 100 g (3.5 oz)	
Energy	313 kJ (75 kcal)
Carbohydrates	17.71 g
Sugars	12.87
Dietary fiber	3 g
Fat	0.68 g
Protein	1.57 g
Thiamine (B1)	9% 0.101 mg
Riboflavin (B2)	11% 0.131 mg
Niacin (B3)	4% 0.644 mg
Pantothenic acid (B5)	7% 0.345 mg
Vitamin B6 (Pyridoxine)	20% 0.257 mg
Folate (B9)	6% 23 µg
Vitamin C (L. ascorbic acid)	15% 12.6 mg
Vitamin E (Phylloquinone)	2% 0.27 mg
Calcium	1% 10 mg
Iron	2% 0.27 mg
Magnesium	5% 17 mg
Manganese	4% 0.093 mg
Phosphorus	4% 26 mg
Potassium	6% 287 mg

Sodium	0% 7 mg
Zinc	2% 0.16 mg

- Custard apple is **rich in vitamin B₆**, which help reduce the **bronchial inflammation** and help prevent **asthmatic attacks**.
- Custard apple is rich in copper and dietary fibre, which helps assist digestion, help ease bowel movement and **relives from constipation**. Sun dried custard apple pulp can be crushed into powder and consumption of the powder with water will help heal diarrhea.
- Custard apples are good sources of potassium and magnesium which help keep the **blood pressure levels in control**. For those with fluctuating blood pressure levels, custard apple fruit a day will help to keep them in control.
- Custard apples contain high levels of **niacin and dietary fibre**, which help lower cholesterol levels effectively.
- Custard apples serve as a stimulant, coolant, expectorant and haematinic. Moreover, the rich iron source is also useful in **treating anaemia**.
- Custard apple is great **for healthy skin, healthy hair and better eyesight**. It plays a role in **moisturisation and anti-ageing**. The creamy flesh or pulp can be used as a balm to **treat boils and ulcers**. The outer skin of custard apple is

helpful in combating against tooth decay and gum pain.

- Custard apples are good for those who need to **gain weight**. A mixture of honey and custard apple when consumed regularly will help add on the required weight and the calories required.
- Custard apple helps **develop the brain, nervous system and immune system of a fetus effectively**. Regular consumption of custard apple also reduces the risk of miscarriage during pregnancy and minimizes the extent of labour pain during childbirth. The pregnancy-wonder fruit also helps the expectant mother to cope with morning sickness, fight nausea, numbness and mood swings. Regular consumption during pregnancy is excellent for production of breast milk.
- The magnesium content in custard apples helps defend the heart from **cardiac attack and can help relax the muscles**. Moreover, vitamin B6 in custard apples helps to prevent homocystein collection which also minimize the risk of heart diseases.
- Having custard apple for diabetes is considered very effective. The abundance of dietary fibre in custard apple helps slow down the **absorption of sugar and reduces the risk of developing type-2 diabetes**

26 – Pomelo



Name of Plant Species: *Citrus maxima*

Height in cm: 25.65 (as on 14.09.2018)

Width in cm: 17.78 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: H.L. Nage Gouda (Poet)

A very large thick-rinded usually pear-shaped citrus fruit differing from the closely related grapefruit especially in its loose rind and often coarse dry pulp. The pomelo, *Citrus maxima* or *Citrus grandis*, is the largest citrus fruit from the Rutaceae family. It is a natural (non-hybrid) citrus fruit, similar in appearance to a large grapefruit, native to South and Southeast Asia. The pomelo is one of the original citrus species from which the rest of cultivated citrus have been hybridized. The popular fruit is used in many festive celebrations throughout Southeast Asia.

Nutritional value per 100 g (3.5 oz)	
Energy	159 kJ
Carbohydrates	9.62 g
Dietary fiber	1 g
Fat	0.04 g
Protein	0.76 g
Thiamine (B1)	3% ----
Riboflavin (B2)	2% -----
Niacin (B3)	1% ----
Vitamin B6 (Pyridoxine)	3% -----
Vitamin C (L. ascorbic acid)	73% ----
Iron	1% -----
Magnesium	2% 6
Manganese	1% -----
Phosphorus	2% 17
Potassium	5% ----
Sodium	0% 1
Zinc	1% -----

Scientific classification	
Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	<i>Citrus</i>
Species:	<i>C. maxima</i>

- **Boosts Your Immune System:** One serving of pomelo fruit contains roughly 116 milligrams of vitamin C, a whopping 193 percent of the daily recommended amount of vitamin C intake. vitamin C is famous for its effects on the immune system, its ability to aid in healing the wound and its function in the body is to absorb iron. It also helps in fighting off harmful free radicals.
- **Assists in Digestion:** Pomelo contains high amounts of fibre, which helps in maintaining the balance in the digestive system. It promotes healthy digestion and smooth movement of bowels in the digestive tract, therefore helping you avoid diarrhoea and constipation.
- **Maintains Normal Blood Pressure Levels:** The potassium in pomelo can help release tension in blood vessels and aid in blood circulation and the oxygenation of the different body systems. It also helps prevent atherosclerosis, heart attacks and strokes because it minimizes the strain on the heart.
- **Aids in Weight Loss:** Eating pomelo can also be essential in weight loss because it contains fat-burning enzymes that can help decrease the amount of sugar and starch in the body. It is also filling and helping to avoid overeating.

27 - Coral Jasmine



Name of Plant Species: *Nyctanthes arbor-tristis*

Height in cm: 20.32 (as on 14.09.2018)

Width in cm: 11.43 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it:

Nyctanthes arbor-tristis, the night-flowering jasmine or parijat, is a species of *Nyctanthes* native to South Asia and Southeast Asia.

Nyctanthes arbor-tristis is a shrub or a small tree growing to 10 m (33 ft) tall, with flaky grey bark. The leaves are opposite, simple, 6–12 cm (2.4–4.7 in) long and 2–6.5 cm (0.79–2.56 in) broad, with an entire margin. The flowers are fragrant, with a five- to eight-lobed white corolla with an orange-red centre; they are produced in clusters of two to seven together, with individual flowers opening at dusk and finishing at dawn.

The scientific name *arbor-tristis* also means "sad tree". The flowers can be used as a source of yellow dye for clothing. The flower is called Gangaseuli and some where Jharaa sephali in Odisha, India. The flower is the official flower of the state of West Bengal, India, which is also known as Parijat and Siuli in local West Bengal region in India, and for Kanchanaburi Province, Thailand.

28 - Java plum or Jamun



Name of Plant Species: *Syzygium cumini*

Height in cm: 3.62 (as on 14.09.2018)

Width in cm: 1.98 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: B. Shiva Murthy Shastri (Poet)

A large evergreen Asian tree of the myrtle family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family *Myrtaceae*. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Species:	<i>S. cumini</i>
Nutritional value per 100 g (3.5 oz)	
Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fibre	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Pyridoxine (B6)	(3%) 0.038 mg
Vitamin C (L. ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Syzygium</i>

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has medicinal properties. Juice of this fruit is a natural astringent used as a mouthwash as it **eliminates bad breathe**. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has **antioxidants** and flavonoids that play a huge role in **purification of blood**. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of **java plum** stimulates healthy liver function.
- Consumption of Java plum minimizes the **risk of cancer**. This fruit has several **bioactive phytochemicals** that include polyphenols, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.
- **Leaves and bark of Java plum** are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for **sore throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for **digestive disorders**, an excellent home remedy for **bloating**. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in curing **tapeworm infection**.

29 - Custard Apple



Name of Plant Species: *Annona cherimoya*

Height in cm: 30.99 (as on 14.09.2018)

Width in cm: 27.94 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Satyendra Nath Bose
(Scientist)

The fruits vary in shape, heart-shaped, spherical, oblong or irregular. The size ranges from 7 centimetres (2.8 in) to 12 centimetres (4.7 in), depending on the cultivar. When ripe, the fruit is brown or yellowish, with red highlights and a varying degree of reticulation, depending again on the variety. The flesh varies from juicy and very aromatic to hard with a repulsive taste. The flavor is sweet and pleasant, akin to the taste of 'traditional' custard.

Scientific classification

Kingdom:	Plantae
Order:	Magnoliales
Family:	Annonaceae

Genus:	<i>Annona</i>
Species:	<i>Annona cherimoya</i>

Nutritional value per 100 g (3.5 oz)

Energy	313 kJ (75 kcal)
Carbohydrates	17.71 g
Sugars	12.87
Dietary fibre	3 g
Fat	0.68 g
Protein	1.57 g
Thiamine (B1)	9% 0.101 mg
Riboflavin (B2)	11% 0.131 mg
Niacin (B3)	4% 0.644 mg
Pantothenic acid (B5)	7% 0.345 mg
Vitamin B6 (Pyridoxine)	20% 0.257 mg
Folate (B9)	6% 23 µg
Vitamin C (L. ascorbic acid)	15% 12.6 mg
Vitamin E (Phylloquinone)	2% 0.27 mg
Calcium	1% 10 mg
Iron	2% 0.27 mg
Magnesium	5% 17 mg
Manganese	4% 0.093 mg
Phosphorus	4% 26 mg
Potassium	6% 287 mg
Sodium	0% 7 mg

Zinc	2% 0.16 mg
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- Custard apple is **rich in vitamin B₆**, which help reduce the **bronchial inflammation** and help prevent **asthmatic attacks**.
- Custard apple is rich in copper and dietary fibre, which helps assist digestion, help ease bowel movement and **relieves from constipation**. Sun dried custard apple pulp can be crushed into powder and consumption of the powder with water will help heal diarrhea.
- Custard apples are good sources of potassium and magnesium which help keep the **blood pressure levels in control**. For those with fluctuating blood pressure levels, custard apple fruit a day will help to keep them in control.
- Custard apples contain high levels of **niacin and dietary fibre**, which help lower cholesterol levels effectively.
- Custard apple is great **for healthy skin, healthy hair and better eyesight**. It plays a role in **moisturisation and anti-ageing**. The creamy flesh or pulp can be used as a balm to **treat boils and ulcers**. The outer skin of custard apple is helpful in combating against tooth decay and gum pain.
- Custard apples are good for those who need to **gain weight**. A mixture of honey and custard apple when consumed regularly will help add on the required weight and the calories required.

- Custard apple helps **develop the brain, nervous system and immune system of a fetus effectively**. Regular consumption of custard apple also reduces the risk of miscarriage during pregnancy and minimizes the extent of labour pain during childbirth. The pregnancy-wonder fruit also helps the expectant mother to cope with morning sickness, fight nausea, numbness and mood swings. Regular consumption during pregnancy is excellent for production of breast milk.
- The magnesium content in custard apples helps defend the heart from **cardiac attack and can help relax the muscles**. Moreover, vitamin B₆ in custard apples helps to prevent homocystein collection which also minimize the risk of heart diseases.
- Having custard apple for diabetes is considered very effective. The abundance of dietary fibre in custard apple helps slow down the **absorption of sugar and reduces the risk of developing type-2 diabetes**

31 - Java plum or Jamun



Name of Plant Species: *Syzygium cumini*

Height in cm: 46.99 (as on 14.09.2018)

Width in cm: 28.19 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Homi J. Bhabha (Scientist)

A large evergreen Asian tree of the *myrtle* family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family *Myrtaceae*. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Nutritional value per 100 g (3.5 oz)	
Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fibre	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Pyridoxine (B6)	(3%) 0.038 mg
Vitamin C (L. ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Syzygium</i>
Species:	<i>S. cumini</i>

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has medicinal properties. Juice of this fruit is a natural astringent used as a mouthwash as it **eliminates bad breathe**. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has **antioxidants** and flavonoids that play a huge role in **purification of blood**. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of **java plum** stimulates healthy liver function.
- Consumption of Java plum minimizes the **risk of cancer**. This fruit has several **bioactive phytochemicals** that include polyphenols, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.
- **Leaves and bark of Java plum** are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for **sore throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for **digestive disorders**, an excellent home remedy for **bloating**. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in curing **tapeworm infection**.

33 - Jack Fruit



Name of Plant Species:

Artocarpus heterophyllus

Height in cm: 38.10 (as on 14.09.2018)

Width in cm: 25.65 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Har Gobind Khorana
(Scientist)

The jackfruit (*Artocarpus heterophyllus*), also known as jack tree, is a species of tree in the fig, mulberry and breadfruit family (*Moraceae*) native to southwest India.

The jackfruit tree is well-suited to tropical lowlands, and its fruit is the largest tree-borne fruit, reaching as much as 55 kg (120 lb) in weight, 90 cm (35 in) in length, and 50 cm (20 in) in diameter. A mature jackfruit tree can produce about 100 to 200 fruits in a year. The jackfruit is a multiple fruit, composed of hundreds to thousands of individual flowers, and the fleshy petals are eaten.

Scientific classification

Kingdom: Plantae

Order: Rosales

Family:	Moraceae
Genus:	<i>Artocarpus</i>
Species:	<i>A. heterophyllus</i>

Nutritional value per 100 g (3.5 oz)

Energy	397 kJ (95 kcal)
Sugars	19.08 g
Dietary fibre	1.5 g
Fat	0.64 g
Protein	1.72 g
Vitamin A equiv. beta-Carotene lutein zeaxanthin	(1%)5 µg (1%)61 µg 157 µg
Thiamine (B1)	(9%)0.105 mg
Riboflavin (B2)	(5%)0.055 mg
Niacin (B3)	(6%)0.92 mg
Pantothenic acid (B5)	(5%)0.235 mg
Pyridoxine (B6)	(25%)0.329 mg
Folate (B9)	(6%)24 µg
Vitamin C (L. ascorbic acid)	(17%)13.8 mg
Vitamin E (Phylloquinone)	(2%)0.34 mg
Calcium	(2%)24 mg
Iron	(2%)0.23 mg
Magnesium	(8%)29 mg
Manganese	(2%)0.043 mg
Phosphorus	(3%)21 mg
Potassium	(10%)448 mg
Sodium	(0%)2 mg

Zinc	(1%)0.13 mg
Water	73.5 g

- Due to its richness with antioxidants and phytonutrient properties, plus its content of vitamin C, jackfruit can cure different types of cancer such as **lung cancer, breast cancer, gastric cancer, skin cancer and prostate cancer**. These properties treat cell damage and develop resistance.
- With its high amount of potassium, jackfruit **reduces and controls blood pressure** which consequently lowers the chances of heart attacks, strokes, and cardio-disorder in general.
- With its richness of vitamin A, jackfruit is good for maintaining **healthy eye sight** as it enhances eye vision and acts as a preventer **against cataract and macular degeneration**. It's also regarded as an active **anti-ageing component for skin radiance**. It protects damaged skin caused by sun exposure and treats wrinkles.
- Sleeping disorders can be cured by eating jackfruit, due to its richness with magnesium and iron that assist in **improving the overall quality of sleep**. Magnesium also helps in preventing **anaemia** which is one of the major causes of **insomnia**.
- For a good supplement of **calcium for healthy bones**, eating jackfruit is highly recommended. Besides calcium, it **contains vitamin C and magnesium** which further assists in calcium absorption.
- **Fatigue, stress and muscle weakness** can also be treated by consuming jackfruit in daily diet for its rich content of vitamins such as thiamine and niacin (A portion of 100 g of jackfruit pulp provides 4 mg of niacin). It is also a perfect source of energy.
- As obesity rates are on the rise, jackfruit can help in **weight loss** because it's free of fat and low in calories that enable dieters to safely and comfortably consume it and fully get benefits from all its other nutrients.
- Jackfruit contributes in **improving the digestive system** when eating it regularly due to its high content of fibres (3.6 g for every 100 g). It causes no stomach pain even if eaten in huge quantities and improves the bowel movement. It also protects the colon by removing carcinogenic chemicals out of the large intestine.
- Although extremely sweet in taste, jackfruits are safely consumed by diabetics because it slowly absorbs sugar into the bloodstream which enables diabetic patients to safely consume it while getting all its health benefits. It also increases glucose tolerance for both types of diabetes. **Jackfruit is diabetes friendly**.
- As typical drugs for ulcer medication leave several side effects, jackfruit is the best way to **treat ulcer disorder** because it contains powerful **anti-ulcerative, antiseptic, anti-inflammatory and antioxidant properties**.

36 – Wood Apple



Name of Plant Species: *Limonia acidissima*

Height in cm: 33.02 (as on 14.09.2018)

Width in cm: 25.4 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Raghunath Anant Mashelkar
(Scientist)

Wood apple or *Limonia acidissima* is the only species within the monotypic genus *Limonia*. Common names for the species in English include wood-apple and elephant-apple. *Limonia acidissima* is a large tree growing to 9 metres (30 ft) tall, with rough, spiny bark. The leaves are pinnate, with 5-7 leaflets, each leaflet 25–35 mm long and 10–20 mm broad, with a citrus-scent when crushed. The flowers are white and have five petals. The fruit is a berry 5–9 cm diameter and may be sweet or sour. It has a very hard rind which can be difficult to crack open, it appears greenish-brown in colour from outside and contains sticky brown pulp and small white seeds. The fruit looks similar in appearance to the Bael fruit (*Aegle marmelos*).

Scientific classification	
Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Subfamily:	Aurantioideae
Tribe:	Citreae
Genus:	<i>Limonia</i> L.
Species:	<i>L. acidissima</i>

Nutritional value per 100 g (3.5 oz)	
Energy	518.816 kJ (124.000 kcal)
Carbohydrates	18.1 g
Sugars	0 g
Dietary fibre	5 g
Fat	3.7 g
Protein	7.1 g
Thiamine (B1)	3% 0.04 mg
Riboflavin (B2)	1417% 17 mg
Niacin (B3)	53% 8 mg
Vitamin C (L. ascorbic acid)	4% 3 mg
Calcium	13% 130 mg
Iron	46% 6 mg
Manganese	857% 18 mg
Zinc	105% 10 mg
Water	64.2 g

- Wood apples can help to slow down **premature aging**, especially of skin thanks to the presence of numerous **anti-oxidant compounds**. In particular, it has a good amount of **Vitamin C** which helps to reduce oxidative damage and can support **natural collagen synthesis**.
- Wood apple extracts have been shown to possess properties against the replication of bacteria and viruses. In addition to extracts made from the fruit, the bark of the tree also contains several unique compounds which may display **bacteriostatic** and **fungicidal** actions.
- By now it goes without saying that any food which contains a significant amount of natural **phytocompounds**, vitamins and assorted flavonoid's will also have some degree of anti-inflammatory action. It has been used traditionally to help reduce symptoms of **eczema**, **dermatitis** and even management of **arthritic pain**.
- Wood apple contains essential **electrolytes** that help ensure fluid balance is maintained. Amongst the most important of these is potassium, which helps prevent excessive water loss, either via **urination** or **perspiration** via the skin.
- Wood apple are rich in **fibre**, and can help to **prevent constipation** from occurring. Apart from being rich in water, the natural sugars also help deliver a mild laxative effect that can help keep you regular.
- Wood apple can be ground and applied locally to the skin where it helps to keep insects at bay. Alternatively, some people also use the roots of the wood apple tree, ground and mixed into a suitable base where it is then dispersed around the home. This way, in addition to acting as an insect repellent, it also possesses **insecticidal properties** which decrease the density of these disease carrying vectors.
- The preliminary investigations have revealed that extracts made from wood apple have a potential role in causing the death of **cancer cells**, in particular those affecting the breast and skin. Of course, the sooner such a diagnosis is made the better the likelihood of a good prognosis.
- It's not surprising to learn that wood apples may actually promote the **healing of wounds**, since we already know that they possess **anti-inflammatory** actions, as well as the ability to inhibit the proliferation of pathogens.
- Wood apples are set to help with the body's natural **detoxification process** by promoting the elimination of toxins as a result of liver metabolism. In addition to this, it helps to increase diuresis to expedite the removal of water-based waste.
- You probably know too well the discomfort that results from the **common cold or flu**, especially when it comes to the labored breathing and congestion. Consumption of wood apples can assist with free breathing owing to **decongestant properties**, along with cough suppressing and mucolytic action to clear the lungs of catarrh.
- Fibre contained in the wood apple is no different, as it can help to ensure colonies of the **probiotic bacteria** are maintained, in turn supporting regularity, reducing bloating and fortifying your body's defense against foreign invaders.

38 - Tamarind



Name of Plant Species: *Tamarindus indica*

Height in cm: 24.89 (as on 14.09.2018)

Width in cm: 33.02 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Yelivala Siddaiah Swamy (Drama Artist)

Tamarind (*Tamarindus indica*) is a leguminous tree in the family *Fabaceae* indigenous to tropical Africa. The genus *Tamarindus* is a monotypic taxon (having only a single species). The tamarind tree produces pod-like fruit that contains an edible pulp used in cuisines around the world. It grows wild in Africa in locales as diverse. The tamarind is a long-lived, medium-growth tree, which attains a maximum crown height of 12 to 18 metres (39 to 59 ft). The crown has an irregular, vase-shaped outline of dense foliage. The tree grows well in full sun.

Scientific classification	
Kingdom:	Plantae
Order:	Fabales
Family:	Fabaceae
Subfamily:	Detarioideae
Genus:	<i>Tamarindus</i>

Species:	<i>T. indica</i>
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Nutritional value per 100 g (3.5 oz)	
Energy	239 kcal 1,000 kJ)
Carbohydrates	62.5 g
Sugars	57.4
Dietary fibre	5.1 g
Fat	0.6 g
Protein	2.8 g
Thiamine (B1)	(37%) 0.428 mg
Riboflavin (B2)	(13%) 0.152 mg
Niacin (B3)	(13%) 1.938 mg
Pantothenic acid (B5)	(3%) 0.143 mg
Pyridoxine (B6)	(5%) 0.066 mg
Folate (B9)	(4%) 14 µg
Choline	(2%) 8.6 mg
Vitamin C (L. ascorbic acid)	(4%) 3.5 mg
Vitamin E (Phylloquinone)	(1%) 0.1 mg
Vitamin K (Tocopherol)	(3%) 2.8 µg
Calcium	(7%) 74 mg
Iron	(22%) 2.8 mg
Magnesium	(26%) 92 mg
Phosphorus	(16%) 113 mg
Potassium	(13%) 628 mg
Sodium	(2%) 28 mg
Zinc	(1%) 0.1 mg

- Pulp of tamarind is known to protect against **vitamin-C deficiency**.
- Pulp of tamarind acts as a laxative and is an excellent remedy for sluggish **bowel movement**. The presence of dietary fibre in tamarind pulp plays an important role on binding bile salts.
- Tamarind has the ability to **lower levels of bad cholesterol** (LDL) thereby promoting healthy cardiovascular health, this is because of the presence of phenols, antioxidants beneficial for levels of HDL.
- Leaves of tamarind are used in herbal tea decoctions. Medicinal teas that contain extracts of tamarind leaves are given to individuals suffering from **fever and chills**.
- Diluted tamarind paste is an excellent home remedy for **sore throat**. A person with throat infection can gargle diluted lukewarm tamarind water for relief.
- Tamarind pulp with a mix of crushed herbs such as coriander and mint is an excellent treatment for **mouth ulcers**. Tamarind has a cooling effect on ulcers caused by hot and spicy foods.
- In several cultures flowering leaves of tamarind are crushed to extract juice. This juice is a home remedy for **piles**.
- This fruit pod is loaded with minerals and vitamins essential for **red blood cell production** and **healthy cardiovascular function**.
- Scoops of thick tamarind paste are diluted in water and given to individuals with **intestinal parasites**.
- Tamarind is an excellent home remedy for persons with **bile problems**. In Ayurvedic medicine, Tamarind is a major ingredient used to **treat digestive and gastric problems**.
- Tamarind fruit is rich in dietary fibre such as tannins, mucilage and pectin, a combination that plays a **vital role in preventing constipation**. 13% to 15% percent dietary fibre is provided by 100 grams of tamarind paste.
- Powdered tamarind seeds mixed with turmeric paste are used as a treatment for **inflammation and sores** in many Asian cultures.
- Tamarind juice is used as a traditional medicine for **jaundice sufferers**.
- This fruit has powerful **antioxidants** that protect against harmful chemicals that cause cancer.
- Tamarind should be included in your diet because minerals present in this fruit are good for **bone health**.
- Paste of tamarind seeds acts as an antidote and is used as a home remedy for **insect bites and stings**.
- Paste made from powdered tamarind seeds or paste made from bark powder is used as a home remedy for **healing open sores**.
- Individuals that suffer from **thyroid disorders** should include tamarind in their diet.
- Fruit extract of tamarind is consumed because it acts as a **natural blood purifier**. This fruit is essential for **healthy muscle function** beneficial for good health.
- A cup of tamarind water or two tablespoons of thick tamarind paste is an excellent home remedy for an individual that has suffered **mild sunstroke**.
- Paste of tamarind is excellent **for diabetics**. It is used as traditional medicine along with Java plum and herbs for diabetes control. Pulp of this fruit helps lower glucose levels that tend to rise after meals.
- Tamarind juice is a **natural antiseptic** that is used with herbal ingredients to cure Scurvy that arises from deficiency in vitamin C.
- Paste or powder of tamarind seeds is used as a home remedy for relief **from sties and burns**.
- Extracts of leaves and flowers are used as a treatment for **haemorrhoids, dysentery and erysipelas**. Flower, fruit and leaf juice of tamarind are used as an antiseptic and vermifuge.
- Juice of tamarind is given to individuals with a severe hangover resulting from alcohol consumption.

39. Oleander Flower



Name of Plant Species: *Nerium oleander*

Height in cm: 30.48 (as on 14.09.2018)

Width in cm: 30.48 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it:

Nerium oleander is a shrub or small tree in the dogbane family *Apocynaceae*, toxic in all its parts. It is the only species currently classified in the genus *Nerium*. It is most commonly known as Nerium or oleander, from its superficial resemblance to the unrelated olive *Olea*. Oleander is one of the most poisonous commonly grown garden plants. The plant is tolerant of poor soils, intense heat, salt spray, and sustained drought – although it will flower and grow more vigorously with regular water.

Oleander grows to 2–6 m (6.6–19.7 ft) tall, with erect stems that splay outward as they mature; first-year stems have a glaucous bloom, while mature stems have a greyish bark. The leaves are in pairs or whorls of three, thick and leathery, dark-green, narrow lanceolate, 5–21 cm (2.0–8.3 in) long and 1–3.5 cm (0.39–1.38 in) broad and with an entire margin filled with minute reticulate venation web typical of eudicots. Leaves are light green and very glossy when young,

before maturing to a dull dark green/greenish grey. The flowers grow in clusters at the end of each branch; they are white, pink to red, 2.5–5 cm (0.98–1.97 in) diameter, with a deeply 5-lobed fringed corolla round the central corolla tube. They are often, but not always, sweet-scented. The fruit is a long narrow pair of follicles 5–23 cm (2.0–9.1 in) long, which splits open at maturity to release numerous downy seeds.

Scientific classification	
Kingdom:	Plantae
Order:	Gentianales
Family:	Apocynaceae
Subfamily:	Apocynoideae
Tribe:	Wrightieae
Genus:	<i>Nerium</i>
Species:	<i>N. oleander</i>

42. Gulmohar



feathery appearance and are a characteristic light, bright green. Each leaf is 30–50 cm long with 20 to 40 pairs of primary leaflets or pinnae, each divided into 10–20 pairs of secondary leaflets or pinnules. Pollen grains are elongated, approximately 52 microns in size.

Scientific classification	
Kingdom:	Plantae
Order:	Fabales
Family:	Fabaceae
Genus:	<i>Delonix</i>
Species:	<i>D. regia</i>

Name of Plant Species: *Delonix regia*

Height in cm: 40.13 (as on 14.09.2018)

Width in cm: 71.12 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it:

Delonix regia is a species of flowering plant in the bean family Fabaceae, subfamily *Caesalpinioideae*. It is noted for its fern-like leaves and flamboyant display of flowers. In many tropical parts of the world it is grown as an ornamental tree and in English it is given the name royal poinciana, flamboyant, flame of the forest or "flame tree".

The flowers of *Delonix regia* are large, with four spreading scarlet or orange-red petals up to 8 cm long, and a fifth upright petal called the standard, which is slightly larger and spotted with yellow and white. They appear in corymbs along and at the ends of branches. The naturally occurring

variety *flavida* (Bengali: *Radhachura*) has yellow flowers. The pods are green and flaccid when young and turn dark-brown and woody. They can be up to 60 cm long and 5 cm wide. The seeds are small, weighing around 0.4 g on average. The compound (doubly pinnate) leaves have a

43 - Mango



Name of Plant Species: *Mangifera indica*

Height in cm: 36.06 (as on 14.09.2018)

Width in cm: 30.48 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Mansur Subhadramma
(Drama Artist)

A fleshy, oval, yellowish-red tropical fruit that is eaten ripe or used green for pickles or chutneys. Mango trees grow to 35 - 40 m (115–131 ft) tall, with a crown radius of 10 m (33 ft). The trees are long-lived, as some specimens still fruit after 300 years. In deep soil, the taproot descends to a depth of 6 m (20 ft), with profuse, wide-spreading feeder roots and anchor roots penetrating deeply into the soil. The leaves are evergreen, alternate, simple, 15–35 cm (5.9–13.8 in) long, and 6–16 cm (2.4 - 6.3 in) broad; when the leaves are young they are orange-pink, rapidly changing to a dark, glossy red, then dark green as they mature.

Scientific classification

Kingdom:	Plantae
Family:	Anacardiaceae

Genus:	<i>Mangifera</i> L.
Kingdom:	Plantae
Family:	Anacardiaceae
Genus:	<i>Mangifera</i>
Species:	<i>M. indica</i>

Nutritional value per 100 g (3.5 oz)

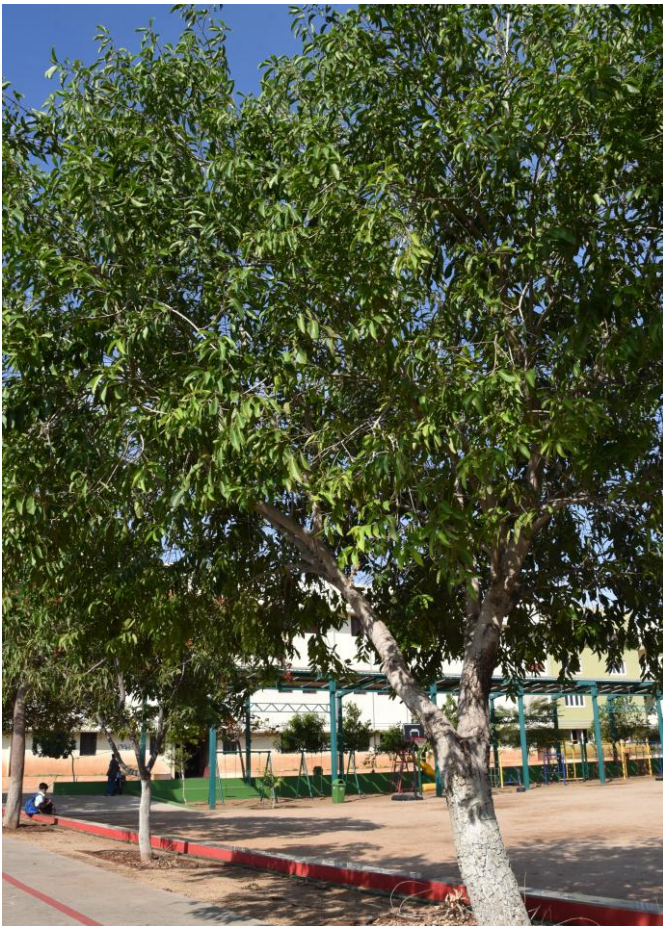
Energy	250 kJ (60 kcal)
Carbohydrates	15 g
Sugars	13.7
Dietary fiber	1.6 g
Fat	0.38 g
Protein	0.82 g
Vitamin A equiv. beta-Carotene lutein zeaxanthin	(7%) 54 µg (6%) 640 µg 23 µg
Thiamine (B1)	(2%) 0.028 mg
Riboflavin (B2)	(3%) 0.038 mg
Niacin (B3)	(4%) 0.669 mg
Pantothenic acid (B5)	(4%) 0.197 mg
Pyridoxine (B6)	(9%) 0.119 mg
Folate (B9)	(11%) 43 µg
Choline	(2%) 7.6 mg
Vitamin C (L. Ascorbic acid)	(44%) 36.4 mg
Vitamin E (Phylloquinone)	(6%) 0.9 mg
Vitamin K (Tocopherol)	(4%) 4.2 µg
Calcium	(1%) 11 mg
Iron	(1%) 0.16 mg
Magnesium	(3%) 10 mg
Manganese	(3%) 0.063 mg
Phosphorus	(2%) 14 mg
Potassium	(4%) 168 mg

Sodium	(0%) 1 mg
Zinc	(1%) 0.09 mg

- Mangoes contain high amounts of **vitamin A and C**, which helps to produce **collagen proteins** inside the body. Collagen helps protect blood vessels and the body's connective tissues, thereby **slowing down the natural ageing process**. Therefore, mangoes can rightly be called an **anti-ageing food**.
- Mangoes are **rich in iron**, which makes them beneficial for people suffering from **anaemia**. A regular, moderated intake can help eliminate anaemia by increasing the red blood cell count in the body.
- Mangoes have abundant quantities of **vitamin B₆**, which is vital for maintaining and improving the **brain's function**. These vitamins aid in the amalgamation of the major neurotransmitters that contribute in determining mood and the modification of sleeping patterns. With mangoes as a part of your diet, you can be assured of a **healthy brain and effective nerve functioning**.
- Mangoes are rich in **beta-carotene**, a powerful carotenoid. This element helps to enhance the **immune system** and make it impervious to bacteria and toxins. Excess beta-carotene is also transformed into **vitamin A** inside the body. Vitamin A is another antioxidant that gives you additional protection against the free radicals harming your internal systems.
- Mangoes **have high amounts of pectin**, a soluble dietary fibre that efficiently contributes to lower cholesterol levels in the blood. Pectin can also help **prevent the development of prostate cancer**.
- The tonic made from mangoes is used to **treat bleeding gums, anaemia, cough, constipation, nausea, fever, seasickness and as a cure for weak digestion**.
- Mango consumption is one of the easiest ways to **gain weight**. **150g of mango has around 86 calories**, which can be absorbed easily by the body. Moreover, they contain starch, which transforms into sugar and aids in gaining weight.

- Mangoes play a prominent role in **eliminating** problems such as **indigestion and excess acidity**. The digestive enzymes in them help promote natural and efficient digestion. The bioactive ingredients in mangos like **esters, terpenes and aldehydes** contribute in enhancing appetite and also improve the function of the digestive system.
- Mangoes are **beneficial for pregnant women** since they fulfil the **iron requirements** during pregnancy.
- Mango leaves are also helpful in **curing diabetes** as it manages the blood sugar levels of diabetics.

44 - Java plum or Jamun



Name of Plant Species: Syzygium cumini

Height in cm: 54.61 (as on 14.09.2018)

Width in cm: 55.88 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it: Belgal Veeranna

A large evergreen Asian tree of the myrtle family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family *Myrtaceae*. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Family:	Myrtaceae
Genus:	<i>Syzygium</i>
Species:	<i>S. cumini</i>

Nutritional value per 100 g (3.5 oz)	
Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fiber	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Pyridoxine (B6)	(3%) 0.038 mg
Vitamin C (L. Ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has medicinal properties. Juice of this fruit is a natural astringent used as a mouthwash as it **eliminates bad breathe**. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has **antioxidants** and flavonoids that play a huge role in **purification of blood**. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of **java plum** stimulates healthy liver function.
- Consumption of Java plum minimizes the **risk of cancer**. This fruit has several **bioactive phytochemicals** that include polyphenols, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.
- **Leaves and bark of Java plum** are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for **sore throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for **digestive disorders**, an excellent home remedy for **bloating**. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in curing **tapeworm infection**.

45 – Neem



Name of Plant Species: *Azadirachta indica*

Height in cm: 58.42 (as on 21.11.2018)

Width in cm: 66.32 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Kogali Pampanna Gowda
(Drama Artist)

Neem is a tree in the mahogany family *Meliaceae*. It is one of two species in the genus *Azadirachta* and is native to the Indian subcontinent, i.e. India, Nepal, Pakistan, Bangladesh, Sri Lanka, and Maldives. It is typically grown in tropical and semi-tropical regions. Neem trees also grow in islands located in the southern part of Iran. Its fruits and seeds are the source of neem oil.

Neem is a fast-growing tree that can reach a height of 15–20 metres (49–66 ft), and rarely 35–40 metres (115–131 ft). It is evergreen, but in severe drought it may shed most of its leaves or nearly all leaves. The branches are wide and spreading. The fairly dense crown is

roundish and may reach a diameter of 20–25 metres (66–82 ft).

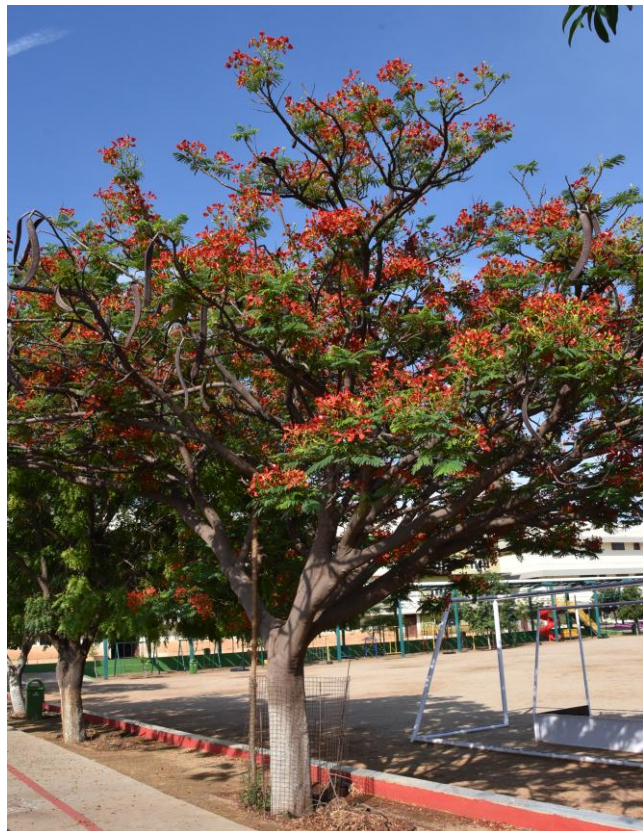
Scientific classification	
Kingdom:	Plantae
Order:	Sapindales
Family:	Meliaceae
Genus:	<i>Azadirachta</i>
Species:	<i>A. indica</i>

- Wood of neem tree is used to handcraft hair combs and it is believed that regular use can **control hair loss, dandruff** and other **scalp problems**.
- Neem oil is used for preparing cosmetics such as soap, shampoo, balms, and creams as well as toothpaste
- Used to treat **sweet itch** and **mud fever** in horses
- Traditionally, slender neem twigs (called datun) are first chewed as a toothbrush and then split as a tongue cleaner. This practice has been in use in India, Africa, and the Middle East for centuries. It is still used in India's rural areas. Neem twigs are still collected and sold in rural markets for this use. It has been found to be as effective as a toothbrush in **reducing plaque** and **gingival inflammation**.
- Besides its use in traditional Indian medicine, the neem tree is of great importance for its **anti-desertification** properties and possibly as a good carbon dioxide sink.
- Neem gum is used as a **bulking agent** and for the preparation of special purpose foods.
- Neem blossoms are used in Andhra Pradesh, Tamil Nadu, and Karnataka to prepare Ugadi pachhadi. A mixture of neem flowers and jaggery (or unrefined brown sugar) is prepared and offered to friends and relatives, symbolic of sweet and bitter events in the upcoming new year, Ugadi. "Bevina hoovina gojju" (a type of curry prepared with neem

blossoms) is common in Karnataka throughout the year. Dried blossoms are used when fresh blossoms are not available. In Tamil Nadu, a rasam (veppam poo rasam) made with neem blossoms is a culinary specialty.

- Neem is perceived in India as a **beauty aid**. Powdered leaves are a major component of at least one widely used facial cream. Purified neem oil is also used in nail polish and other cosmetics.
- Neem leaf boiled in water can be used as a very cost-effective **bird repellent**, especially for sparrows.
- Neem oil is non-drying and it **resists degradation** better than most vegetable oils. In rural India, it is commonly used to grease cart wheels.
- Neem extract is added to **fertilizers** (urea) as a nitrification inhibitor.
- In Karnataka, people grow the tree mainly for its green leaves and twigs, which they puddle into flooded rice fields before the rice seedlings are transplanted.
- Neem bark contains **14% tannin**, an amount similar to that in conventional tannin-yielding trees (such as *Acacia decurrens*). Moreover, it yields a strong, coarse fibre commonly woven into ropes in the villages of India.
- 80% of India's supply of neem oil now is used by neem oil soap manufacturers. Although much of it goes to small-scale speciality soaps, often using cold-pressed oil, large-scale producers also use it, mainly because it is cheap. Additionally it is **antibacterial, antifungal, soothing, and moisturising**. It can be made with up to 40% neem oil. Generally, the crude oil is used to produce coarse laundry soaps.
- Neem leaves can be occasionally used as forage for ruminants and rabbits.

46. Gulmohar



The compound (doubly pinnate) leaves have a feathery appearance and are a characteristic light, bright green. Each leaf is 30–50 cm long with 20 to 40 pairs of primary leaflets or pinnae, each divided into 10–20 pairs of secondary leaflets or pinnules. Pollen grains are elongated, approximately 52 microns in size.

Scientific classification	
Kingdom:	Plantae
Order:	Fabales
Family:	Fabaceae
Genus:	<i>Delonix</i>
Species:	<i>D. regia</i>

Name of Plant Species: *Delonix regia*

Height in cm: 40.13 (as on 14.09.2018)

Width in cm: 71.12 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it:

Delonix regia is a species of flowering plant in the bean family Fabaceae, subfamily *Caesalpinioideae*. It is noted for its fern-like leaves and flamboyant display of flowers. In many tropical parts of the world it is grown as an ornamental tree and in English it is given the name royal poinciana, flamboyant, flame of the forest or "flame tree".

The flowers of *Delonix regia* are large, with four spreading scarlet or orange-red petals up to 8 cm long, and a fifth upright petal called the standard, which is slightly larger and spotted with yellow and white. They appear in corymbs along and at the ends of branches. The naturally occurring

variety *flavida* (Bengali: *Radhachura*) has yellow flowers. The pods are green and flaccid when young and turn dark-brown and woody. They can be up to 60 cm long and 5 cm wide. The seeds are small, weighing around 0.4 g on average.

47 - Java plum or Jamun



Name of Plant Species: *Syzygium cumini*

Height in cm: 48.26 (as on 21.11.2018)

Width in cm: 30.48 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Girish Karnad

(Drama Artist)

A large evergreen Asian tree of the *myrtle* family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family *Myrtaceae*. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Scientific classification

Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	Syzygium

Species: S. cumini

Nutritional value per 100 g (3.5 oz)

Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fiber	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Pyridoxine (B6)	(3%) 0.038 mg
Vitamin C (L. ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has **medicinal properties**. Juice of this fruit is a natural astringent used as a mouthwash as it eliminates bad breathe. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has antioxidants and flavonoids that play a huge role in purification of blood. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of java plum stimulates healthy liver function.
- Consumption of Java plum **minimizes the risk of cancer**. This fruit has several **bioactive phytochemicals** that include **polyphenols**, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.
- Leaves and bark of Java plum are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for sore **throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for digestive disorders, an excellent home remedy for bloating. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in **curing tapeworm infection**.

49 – Citron



Name of Plant Species: *Citrus medica*

Height in cm: 15.75 (as on 21.11.2018)

Width in cm: 7.62 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Sri Aurobindo (Drama Artist)

Citron is actually one of the original 4 citrus fruits – the others being pomelo, papaya, and mandarin.

- The potassium, vitamin C and other electrolytes in this fruit help to **improve blood pressure** by **reducing strain on the arteries** and **lowering your risk of heart attack, atherosclerosis and stroke**.
- With a significant level of vitamin C, citron is able to stimulate the **immune system** and **increase the production of white blood cells**, the body's first line of defence against infections.
- There are many **antioxidants** in citron, making it an ideal way to sweep out free radicals in the body and **reduce your chances of oxidative stress-related chronic disease**.
- **Anti-inflammatory and analgesic properties** of the juice and essential oil of this fruit make it ideal for acute pain, or chronic problems, such as headaches or discomfort from arthritis.
- Medicinally speaking, the essential oil is widely used in the treatment of both topical and internal problems; it is an **antibiotic** and is known to soothe the stomach and conditions of **constipation and nausea** among many others.
- Citron is one of the original citrus fruits, whereas lemon is a hybrid, albeit an extremely popular one. Lemon tends to have a rather thin rind, a bitter and astringent taste, while citron has a very thick rind, a limited amount of juice and a milder flavour than lemon.
- The juice and oil from this fruit are able to balance acidity levels in the gut and **improve overall digestive efficiency**, while also **eliminating problems like excess flatulence, constipation and nausea**.

Scientific classification

Kingdom:	Plantae
Order:	Sapindales
Family:	Rutaceae
Genus:	<i>Citrus</i>
Species:	<i>C. medica</i>

50 - Water Apple/ Rose Apple



Name of Plant Species: *Syzygium*

samarangense

Height in cm: 26.42 (as on 21.11.2018)

Width in cm: 23.37 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Chandrashekar Subramanjan (Mathematician)

It has a glossy, thin, green or red skin, though a variety of the fruit in Indonesia has a white skin. *Syzygium samarangense* is a tropical tree growing to 12 metres (39 ft) tall, with evergreen leaves 10–25 centimetres (4–10 in) long and 5–10 centimetres (2–4 in) broad. The leaves are elliptic, but rounded at the base; they are aromatic when crushed. The trunk is relatively short, with a wide yet open crown starting low on the tree.

Scientific classification

Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Syzygium</i>
Species:	<i>S. samarangense</i>

Nutritional value per 100 g (3.5 oz)

Energy	105 kJ (25 kcal)
Carbohydrates	5.70 g
Fat	0.30 g
Protein	0.60 g
Thiamine (B1)	(2%) 0.020 mg
Riboflavin (B2)	(3%) 0.030 mg
Niacin (B3)	(5%) 0.800 mg
Vitamin C (L. ascorbic acid)	(27%) 22.3 mg
Calcium	(3%) 29 mg
Iron	(1%) 0.07 mg
Magnesium	(1%) 5 mg
Phosphorus	(1%) 8 mg
Potassium	(3%) 123 mg
Sodium	(0%) 0 mg
Zinc	(1%) 0.06 mg
Cholesterol	0 mg

- Water apples are an **excellent source of calcium** which plays an essential role in maintaining **good bone health**. A 100 gram serving of rose apples provides 29mg of calcium, which means eating this fruit daily gives you adequate calcium requirement and in the process makes bones stronger.
- Water apples have excellent nutritional value. The fruit can be had as a health snack. A 100 gram serving of water apples gives a balanced amount of minerals, vitamins, protein, fat,

carbohydrates and energy. After a tiring day or after a tiring workout having water apples as a snack is a great way to feel refreshed and get instant energy.

- Water apples **have a diverse range of bioactive compounds** that can **lower blood sugar levels**. According to research the presence of jambosine, an alkaloid helps stabilize sugar levels in diabetics.
- Water apples have a **complex mix of minerals and vitamins** that helps to **eliminate toxins** from our body. Including water apples in your diet helps in fighting against harmful toxins. This fruit is used in **detoxification diets** for its antioxidant properties.
- Regular consumption of water apples **boosts immunity**. With good immunity the body is able to fight against infections. The combination of minerals and vitamins along with antioxidants present in water apples strengthen and **improve the function of WBCs** (white blood cells) that play an important role in protecting the body from **infectious diseases**.
- Water apples are used as a home treatment for **diarrhea**. Flowers of water apples are astringent. A mixture of flower and fruit is used to stop attacks of diarrhea. The presence of tannins help dry watery secretions associated with diarrhea.
- Individuals suffering from **bladder infections** should include water apples/rose apples in their diet. The fruit has a combination of chemical compounds that help flush out toxins through urine. Being a natural diuretic, it helps stimulate urine disposal or launch urine for individuals with bladder problems. Water apples are also used as a folk medicine for treatment of UTI. Furthermore, consuming water apples also prevents

the formation of kidney stones by flushing toxins and keeping the bladder clean.

- The secret recipe for glowing skin among many women in South East Asia is water apples. The fruit is an excellent source of vitamin C which plays a vital role in keeping **skin healthy**. Consuming water apples regularly gives skin a natural glow and also prevents acne breakouts. 100 grams of rose apples provide 22.3 g or vitamin C. Regular consumption of water apples repairs damaged skin cells making skin firmer and preventing sagging and wrinkles thereby making you look younger and **slowing down skin ageing**.
- Expectant mothers get **dehydrated** rather frequently. During pregnancy women feel nausea and suffer from attacks of vomiting. The body gets dehydrated after vomiting. Eating water apples is an excellent way for pregnant women to keep hydrated. Furthermore, unlike most other fruits, water apples do not have a smell which makes it easy for pregnant women to consume without nausea. Water apples have vital mineral and vitamins that are required for women during pregnancy.
- Individuals suffering from **Coeliac disease** should include water apples in their diet. Coeliac disease often affects the small intestine and causes gastrointestinal problems such as malabsorption, diarrhea, loss of appetite and abdominal distention. Water apples have antioxidants that help repair damaged stomach lining caused by coeliac disease.

51 - Java plum or Jamun



Name of Plant Species: *Syzygium cumini*

Height in cm: 38.1 (as on 21.11.2018)

Width in cm: 33.02 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Mahalanobis Prasanna

Chandra (Mathematician)

A large evergreen Asian tree of the myrtle family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family Myrtaceae. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Species:	S. cumini
Nutritional value per 100 g (3.5 oz)	
Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fiber	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Pyridoxine (B6)	(3%) 0.038 mg
Vitamin C (L. ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

Scientific classification

Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	Syzygium

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has medicinal properties. Juice of this fruit is a natural astringent used as a mouthwash as it **eliminates bad breathe**. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has **antioxidants** and flavonoids that play a huge role in **purification of blood**. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of **java plum** stimulates healthy liver function.
- Consumption of Java plum minimizes the **risk of cancer**. This fruit has several **bioactive phytochemicals** that include polyphenols, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic

acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.

- **Leaves and bark of Java plum** are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for **sore throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for **digestive disorders**, an excellent home remedy for **bloating**. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in curing **tapeworm infection**.

52 – Guava



Name of Plant Species: *Psidium guajava*

Height in cm: 20.32 (as on 21.11.2018)

Width in cm: 26.92 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Mahaveeracharya
(Mathematician)

An edible, pale orange tropical fruit with pink juicy flesh and a strong sweet aroma. Guava is a common tropical fruit cultivated in many tropical and subtropical regions.

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Psidium</i>
Species:	<i>P. guajava</i>

- The content of **vitamin C** in **guava** is **very high**. Excellent source of vitamin C acts as an **antioxidant** that is important for the body. The body needs the content of vitamin C for the formation of collagen synthesis. The benefits of collagen as protein needed by the body in maintaining the integrity of the blood vessels, skin, bones and other organs.
- Guava is rich in magnesium and highly effective for relaxation, so it can help the muscles **relax the nerves** in the body. Also, consumption of red guava fruit after a day of activity can restore the lost stamina.
- The content of vitamin B3 and B6 contained in red guava fruit is very useful in maintaining **brain function utilizing blood circulation**.
- Health benefits of guava fruit to treat dengue evidenced by the large amount of **iron content**. This iron will help the formation of new blood cells, so the cells broken will be replaced with new cells.
- It has been proven that many natural fibre contents in guava. Useful fibres to smooth bowel movement and ease bowel movements in **removing toxins in the body**. Red guava fruit is also rich in vitamin B complex, so it is useful to maintain a healthy body.
- High blood pressure is one of the health problems that are very dangerous because in some cases these disorders can lead to death. Benefits of guava in **lowering blood pressure** is already known and proven. High potassium in the red guava fruit may stabilize the blood and prevent high blood pressure.
- Benefits of red guava are able to **maintain thyroid health**. Copper content that contained on guava fruit has been proven to be effective for the thyroid gland, in the event of disruption of the thyroid gland, it will cause the emergence of serious diseases and dangerous.
- Assisting the **absorption of nutrients**. The content of manganese in red guava is very important for the body to absorb various nutrients.

- **Treating dengue fever** symptoms of dengue fever are characterized by the declining health of red blood cells (platelets), red rash appears on the skin and causes sufferers dizziness and nausea. In some cases, DHF patients will experience bleeding.
- Red guava fruit is also very beneficial for **maintaining healthy skin**. vitamin C, beta-carotene and antioxidants that play a very high role in maintaining healthy skin. Consuming red guava will make skin brighter, softer and away from skin disorders such as acne, dry skin, oily skin and other skin disorders.
- Benefits of red guava can also be a substitute for fast food snacks. Consuming guava, besides getting the health value can also feel the crispy with its own delights. If you want to eat as a snack, choose which almost ripe guava, in order to feel crunchy.

54 – Sapodilla



Name of Plant Species: *Manilkara zapota*

Height in cm: 25.4 (as on 21.11.2018)

Width in cm: 7.62 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Harish Chandra
(Mathmatician)

Manilkara zapota, commonly known as sapodilla, sapota, chikoo or nispero is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft). The average height of cultivated specimens, however, is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). It is wind-resistant and the bark is rich in a white, gummy latex called chicle.

Scientific classification

Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	<i>Manilkara</i>
Species:	<i>M. zapota</i>

Nutritional value per 100 g (3.5 oz)

Energy	347 kJ (83 kcal)
Carbohydrates	19.96 g
Dietary fiber	5.3 g
Fat	1.1 g
Protein	0.44 g
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.2 mg
Pantothenic acid (B5)	(5%) 0.252 mg
Pyridoxine (B6)	(3%) 0.037 mg
Folate (B9)	(4%) 14 µg
Vitamin C (L. ascorbic acid)	(18%) 14.7 mg
Calcium	(2%) 21 mg
Iron	(6%) 0.8 mg
Magnesium	(3%) 12 mg
Phosphorus	(2%) 12 mg
Potassium	(4%) 193 mg
Sodium	(1%) 12 mg
Zinc	(1%) 0.1 mg

- It contains important vitamins like **vitamin A and vitamin C**. Vitamin A helps to ensure **proper vision and helps to maintain healthy skin and mucus membrane**. It offers protection from oral cavities and lung cancer. Similarly, vitamin C helps the body to develop a resistance against pathogens and to destroy free radicals.
- Sapodilla is an excellent source of minerals such as **potassium, copper and iron**. In addition to these minerals, it also consists of foliate and niacin acid. These vitamins and minerals help in making the body **powerful and energetic**.
- **Folic acid** contained in this fruit is used in the formation of red blood cells and also help in the development of the fetus during pregnancy. It also helps to prevent the formation of homocysteine which is harmful for health.
- Sapodilla has high **natural latex** that is commonly used by dentists to fill up the **tooth cavities**.
- The biggest qualities of sapodilla are its **haemostatic qualities**. This fruit is extremely valuable in stopping the loss of blood. It helps in decreasing blood loss in piles, injuries and in many other medical terminologies.
- The simple sugars like **fructose and sucrose** that are the main ingredients of this fruit rejuvenate the body with natural energy.
- It is good for **digestion**. It is able to prevent the occurrence of **colon cancer**.
- Consumption of sapodilla mixture with a pinch of salt is a recommended home therapy for the cure of **constipation**.
- The leaves of the sapodilla fruit can also be used as a medicine for inflammatory diseases because it works as an oral **anti-inflammatory agent**.
- The consumption of sapodilla fruit benefits in reducing the level of infections. It helps in lessening viral diseases in addition to **bacterial infections** within the body. It

also **decreases inflammation** caused by swelling and helps to ease pain.

- Sapodilla is a **natural sedative**. It is used to relax the nerves and also to relieve **stress**. It is often suggested as a part of the diet of those struggling with **insomnia and panic disorders**. It is one of the best **natural anti-depressants** prescribed by medical practitioners for disorders like MDD (major depressive disorder), Unipolar Disorder and so on.
- Sapodilla also helps in the **treatment of cold and cough**. Consumption of this fruit helps to remove nose blockage and also in case of persistent coughs.

55 - Indian Gooseberries



Name of Plant Species: *Phyllanthus emblica*

Height in cm: 47.75 (as on 21.11.2018)

Width in cm: 35.56 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Parameshwara

(Mathematician)

The gooseberry is a species of *Ribes* (which also includes the currants). It is native to Europe, the Caucasus and northern Africa. The species is also sparingly naturalized in scattered locations in North America. Gooseberry bushes produce an edible fruit and are grown on both a commercial and domestic basis.

Scientific classification	
Kingdom:	Plantae
Order:	Malpighiales
Family:	Phyllanthaceae
Genus:	<i>Phyllanthus</i>
Species:	<i>P. emblica</i>

Nutritional value per 100 g (3.5 oz)	
Energy	184 kJ (44 kcal)
Carbohydrates	10.18 g
Dietary fiber	4.3 g
Fat	0.58 g
Protein	0.88 g
Vitamin A equiv.	2% 15 µg
Thiamine (B1)	3% 0.04 mg
Riboflavin (B2)	3% 0.03 mg
Niacin (B3)	2% 0.3 mg
Pantothenic acid (B5)	6% 0.286 mg
Vitamin B6 (pyridoxine)	6% 0.08 mg
Folate (B9)	2% 6 µg
Vitamin C (L. ascorbic acid)	33% 27.7 mg
Vitamin E (phylloquinone)	2% 0.37 mg
Calcium	3% 25 mg
Copper	4% 0.07 mg
Iron	2% 0.31 mg
Magnesium	3% 10 mg
Manganese	7% 0.144 mg
Phosphorus	4% 27 mg
Potassium	4% 198 mg
Sodium	0% 1 mg
Zinc	1% 0.12 mg
Water	87.87 g

- The iron in the Indian Gooseberries fruit helps to **improve the content of the red blood cells and haemoglobin**.
- The high vitamin C and calcium content helps the body **build the bones** and keep them healthy. It guards against osteoclast action that destroys the bone.
- It enlarges the radical fighting property of the body due to its high content of antioxidants. When used regularly, the Indian gooseberry will build your **immunity power** significantly. It provides protection from diseases such as cancer.
- This fruit loosens the stools **and improves the bowel movement**.
- It promotes the **production of urine**. It thereby removes the excess water and promotes good health.
- It helps flush out the toxins in the body. It **promotes liver health**. It helps to prevent infection from diseases such as scurvy.
- It helps **prevent or relieve dysentery**. Dysentery is the diarrhea that shows blood in it. People have a feeling of incomplete excretion and may also have fever and abdominal pain.
- It kills or prevents the growth of bacteria and thereby prevents **bacterial infections**. Bacterial infections include pharyngitis, urinary tract infection, acne, tuberculosis, croup, gonorrhoea, sepsis, bacterial vaginosis, Stevens-Johnson syndrome, streptococcal pharyngitis, pilonidal cyst, and so on.
- It gives protection from attack of the free radicals. This **prevents cell damage** and the **ageing of cells**.
- It augments the overall health system. **It helps one to lose weight**. This is due to the enhanced metabolism that happens when you eat the Indian gooseberry. The fibre content helps augment the bowel movement. **This helps your body metabolism function better**.
- Pollution is the common cause for these types of respiratory diseases. The antioxidant action of the fruit **helps**

overcome the pathogens that attack the body systems.

- This taste activates **the digestive enzymes and thereby improves the digestive process**. You can cure bloating and acidity by taking the Indian gooseberry powder in milk daily. This fruit can **pure the blood easily**. It helps to reduce the levels of c-reactive protein and the triglycerides. It prevents the formation of **plaque and removes fats** from the blood vessels. **The iron content helps in the production of new blood cells**.
- It proves **useful for curing respiratory disorders such as asthma** and helps alleviate all symptoms of respiratory infections by opening out the respiratory passages and removing all blockages. It prevents the bacteria from growing in these places.
- It prevents the formation of **blockages in the blood vessels by reducing the cholesterol level**. The level of the serum cholesterol in the blood drops significantly due to the sustained action of the antioxidants. We see a drop in the low-density lipoproteins.
- The Indian gooseberry **improves all the seven tissues including the reproductive tissue**. This is applicable for both men and women. Therefore, if you add this to your daily diet, there is an increased chance of conceiving.

56 - Indian Gooseberries



Name of Plant Species: *Phyllanthus emblica*

Height in cm: 47.75 (as on 21.11.2018)

Width in cm: 35.56 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Narendra Karmarkar
(Mathematician)

The gooseberry is a species of *Ribes* (which also includes the currants). It is native to Europe, the Caucasus and northern Africa. The species is also sparingly naturalized in scattered locations in North America. Gooseberry bushes produce an edible fruit and are grown on both a commercial and domestic basis.

Scientific classification	
Kingdom:	Plantae
Order:	Malpighiales
Family:	Phyllanthaceae
Genus:	<i>Phyllanthus</i>
Species:	<i>P. emblica</i>

Nutritional value per 100 g (3.5 oz)	
Energy	184 kJ (44 kcal)
Carbohydrates	10.18 g
Dietary fiber	4.3 g
Fat	0.58 g
Protein	0.88 g
Vitamin A equiv.	2% 15 µg
Thiamine (B1)	3% 0.04 mg
Riboflavin (B2)	3% 0.03 mg
Niacin (B3)	2% 0.3 mg
Pantothenic acid (B5)	6% 0.286 mg
Vitamin B6 (pyridoxine)	6% 0.08 mg
Folate (B9)	2% 6 µg
Vitamin C (L. ascorbic acid)	33% 27.7 mg
Vitamin E (phylloquinone)	2% 0.37 mg
Calcium	3% 25 mg
Copper	4% 0.07 mg
Iron	2% 0.31 mg
Magnesium	3% 10 mg
Manganese	7% 0.144 mg
Phosphorus	4% 27 mg
Potassium	4% 198 mg
Sodium	0% 1 mg
Zinc	1% 0.12 mg
Water	87.87 g

- The iron in the Indian Gooseberries fruit helps to **improve the content of the red blood cells and haemoglobin.**
- The high vitamin C and calcium content helps the body **build the bones** and keep them healthy. It guards against osteoclast action that destroys the bone.
- It enlarges the radical fighting property of the body due to its high content of antioxidants. When used regularly, the Indian gooseberry will build your **immunity power** significantly. It provides protection from diseases such as cancer.
- This fruit loosens the stools **and improves the bowel movement.**
- It promotes the **production of urine.** It thereby removes the excess water and promotes good health.
- It helps flush out the toxins in the body. It **promotes liver health.** It helps to prevent infection from diseases such as scurvy.
- It helps **prevent or relieve dysentery.** Dysentery is the diarrhea that shows blood in it. People have a feeling of incomplete excretion and may also have fever and abdominal pain.
- It kills or prevents the growth of bacteria and thereby prevents **bacterial infections.** Bacterial infections include pharyngitis, urinary tract infection, acne, tuberculosis, croup, gonorrhoea, sepsis, bacterial vaginosis, Stevens-Johnson syndrome, streptococcal pharyngitis, pilonidal cyst, and so on.
- It gives protection from attack of the free radicals. This **prevents cell damage** and the **ageing of cells.**
- It augments the overall health system. **It helps one to lose weight.** This is due to the enhanced metabolism that happens when you eat the Indian gooseberry. The fibre content helps augment the bowel movement. **This helps your body metabolism function better.**
- Pollution is the common cause for these types of respiratory diseases. The antioxidant action of the fruit **helps overcome the pathogens** that attack the body systems.
- This taste activates **the digestive enzymes and thereby improves the digestive process.** You can cure bloating and acidity by taking the Indian gooseberry powder in milk daily. This fruit can **pure the blood easily.** It helps to reduce the levels of c-reactive protein and the triglycerides. It prevents the formation of **plaque and removes fats** from the blood vessels. **The iron content helps in the production of new blood cells.**
- It proves **useful for curing respiratory disorders such as asthma** and helps alleviate all symptoms of respiratory infections by opening out the respiratory passages and removing all blockages. It prevents the bacteria from growing in these places.
- It prevents the formation of **blockages in the blood vessels by reducing the cholesterol level.** The level of the serum cholesterol in the blood drops significantly due to the sustained action of the antioxidants. We see a drop in the low-density lipoproteins.
- The Indian gooseberry **improves all the seven tissues including the reproductive tissue.** This is applicable for both men and women. Therefore, if you add this to your daily diet, there is an increased chance of conceiving.

57 - Java plum or Jamun



Name of Plant Species: *Syzygium cumini*

Height in cm: 40.64 (as on 21.11.2018)

Width in cm: 35.56 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Prasanta Chandra

Mahalanobis (Mathematician)

A large evergreen Asian tree of the *myrtle* family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family *Myrtaceae*. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	Syzygium
Species:	S. cumini

Nutritional value per 100 g (3.5 oz)	
Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fiber	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Vitamin B6 (Pyridoxine)	(3%) 0.038 mg
Vitamin C (L. ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has medicinal properties. Juice of this fruit is a natural astringent used as a mouthwash as it **eliminates bad breathe**. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has **antioxidants** and flavonoids that play a huge role in **purification of blood**. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of **java plum** stimulates healthy liver function.
- Consumption of Java plum minimizes the **risk of cancer**. This fruit has several **bioactive phytochemicals** that include polyphenols, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.
- **Leaves and bark of Java plum** are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for **sore throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for **digestive disorders**, an excellent home remedy for **bloating**. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in curing **tapeworm infection**.

58 – Sapodilla



Name of Plant Species: *Manilkara zapota*

Height in cm: 20.32 (as on 21.11.2018)

Width in cm: 17.78 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Manindra Agarwal

(Mathematician)

Manilkara zapota, commonly known as sapodilla, sapota, chikoo or nispero is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft). The average height of cultivated specimens, however, is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). It is wind-resistant and the bark is rich in a white, gummy latex called chicle.

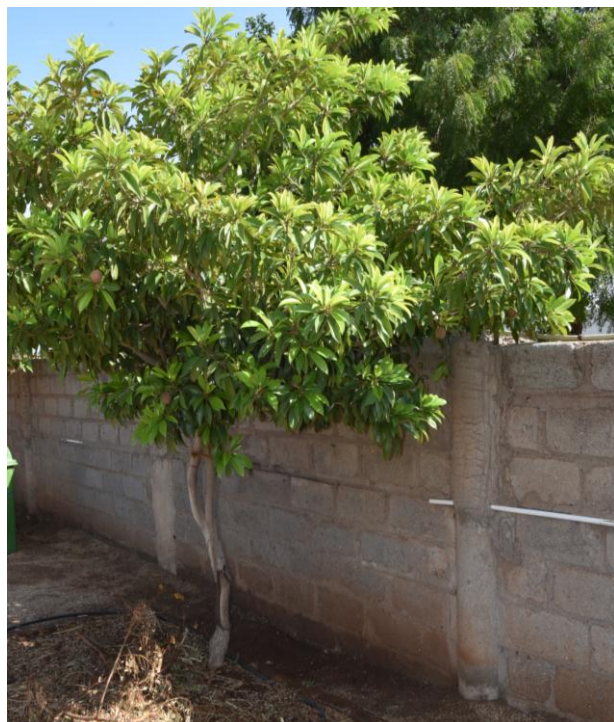
Nutritional value per 100 g (3.5 oz)	
Energy	347 kJ (83 kcal)
Carbohydrates	19.96 g
Dietary fiber	5.3 g
Fat	1.1 g
Protein	0.44 g
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.2 mg
Pantothenic acid (B5)	(5%) 0.252 mg
Pyridoxine (B6)	(3%) 0.037 mg
Folate (B9)	(4%) 14 µg
Vitamin C (L. Ascorbic acid)	(18%) 14.7 mg
Calcium	(2%) 21 mg
Iron	(6%) 0.8 mg
Magnesium	(3%) 12 mg
Phosphorus	(2%) 12 mg
Potassium	(4%) 193 mg
Sodium	(1%) 12 mg
Zinc	(1%) 0.1 mg

Scientific classification

Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	<i>Manilkara</i>
Species:	<i>M. zapota</i>

- It contains important vitamins like **vitamin A and vitamin C**. Vitamin A helps to ensure **proper vision and helps to maintain healthy skin and mucus membrane**. It offers protection from oral cavities and lung cancer. Similarly, vitamin C helps the body to develop a resistance against pathogens and to destroy free radicals.
- Sapodilla is an excellent source of minerals such as **potassium, copper and iron**. In addition to these minerals, it also consists of foliate and niacin acid. These vitamins and minerals help in making the body **powerful and energetic**.
- **Folic acid** contained in this fruit is used in the formation of red blood cells and also help in the development of the fetus during pregnancy. It also helps to prevent the formation of homocysteine which is harmful for health.
- Sapodilla has high **natural latex** that is commonly used by dentists to fill up the **tooth cavities**.
- The biggest qualities of sapodilla are its **haemostatic qualities**. This fruit is extremely valuable in stopping the loss of blood. It helps in decreasing blood loss in piles, injuries and in many other medical terminologies.
- The simple sugars like **fructose and sucrose** that are the main ingredients of this fruit rejuvenate the body with natural energy.
- It is good for **digestion**. It is able to prevent the occurrence of **colon cancer**.
- Consumption of sapodilla mixture with a pinch of salt is a recommended home therapy for the cure of **constipation**.
- The leaves of the sapodilla fruit can also be used as a medicine for inflammatory diseases because it works as an oral **anti-inflammatory agent**.
- The consumption of sapodilla fruit benefits in reducing the level of infections. It helps in lessening viral diseases in addition to **bacterial infections** within the body. It also **decreases inflammation** caused by swelling and helps to ease pain.
- Sapodilla is a **natural sedative**. It is used to relax the nerves and also to relieve **stress**. It is often suggested as a part of the diet of those struggling with **insomnia and panic disorders**. It is one of the best **natural anti-depressants** prescribed by medical practitioners for disorders like MDD (major depressive disorder), Unipolar Disorder and so on.
- Sapodilla also helps in the **treatment of cold and cough**. Consumption of this fruit helps to remove nose blockage and also in case of persistent coughs.

59 – Sapodilla



Species: *M. zapota*

Nutritional value per 100 g (3.5 oz)

Energy	347 kJ (83 kcal)
Carbohydrates	19.96 g
Dietary fiber	5.3 g
Fat	1.1 g
Protein	0.44 g
Riboflavin (B2)	(2%) 0.02 mg
Niacin (B3)	(1%) 0.2 mg
Pantothenic acid (B5)	(5%) 0.252 mg
Pyridoxine (B6)	(3%) 0.037 mg
Folate (B9)	(4%) 14 µg
Vitamin C (L. ascorbic acid)	(18%) 14.7 mg
Calcium	(2%) 21 mg
Iron	(6%) 0.8 mg
Magnesium	(3%) 12 mg
Phosphorus	(2%) 12 mg
Potassium	(4%) 193 mg
Sodium	(1%) 12 mg
Zinc	(1%) 0.1 mg

Name of Plant Species: *Manilkara zapota*

Height in cm: 20.32 (as on 21.11.2018)

Width in cm: 17.78 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: D.R. Kaprekar

(Mathematician)

Manilkara zapota, commonly known as sapodilla, sapota, chikoo or nispero is a long-lived, evergreen tree native to southern Mexico, Central America and the Caribbean. Sapodilla can grow to more than 30 m (98 ft) tall with an average trunk diameter of 1.5 m (4.9 ft). The average height of cultivated specimens, however, is usually between 9 and 15 m (30 and 49 ft) with a trunk diameter not exceeding 50 cm (20 in). It is wind-resistant and the bark is rich in a white, gummy latex called chicle.

Scientific classification

Kingdom:	Plantae
Order:	Ericales
Family:	Sapotaceae
Genus:	<i>Manilkara</i>

- It contains important vitamins like **vitamin A and vitamin C**. Vitamin A helps to ensure **proper vision and helps to maintain healthy skin and mucus membrane**. It offers protection from oral cavities and lung cancer. Similarly, vitamin C helps the body to develop a resistance against pathogens and to destroy free radicals.
- Sapodilla is an excellent source of minerals such as **potassium, copper and iron**. In addition to these minerals, it also consists of foliate and niacin acid. These vitamins and minerals help in making the body **powerful and energetic**.
- **Folic acid** contained in this fruit is used in the formation of red blood cells and also help in the development of the fetus during pregnancy. It also helps to prevent the formation of homocysteine which is harmful for health.
- Sapodilla has high **natural latex** that is commonly used by dentists to fill up the **tooth cavities**.
- The biggest qualities of sapodilla are its **haemostatic qualities**. This fruit is extremely valuable in stopping the loss of blood. It helps in decreasing blood loss in piles, injuries and in many other medical terminologies.
- The simple sugars like **fructose and sucrose** that are the main ingredients of this fruit rejuvenate the body with natural energy.
- It is good for **digestion**. It is able to prevent the occurrence of **colon cancer**.
- Consumption of sapodilla mixture with a pinch of salt is a recommended home therapy for the cure of **constipation**.
- The leaves of the sapodilla fruit can also be used as a medicine for inflammatory diseases because it works as an oral **anti-inflammatory agent**.
- The consumption of sapodilla fruit benefits in reducing the level of infections. It helps in lessening viral diseases in addition to **bacterial infections** within the body. It also **decreases inflammation** caused by swelling and helps to ease pain.
- Sapodilla is a **natural sedative**. It is used to relax the nerves and also to relieve **stress**. It is often suggested as a part of the diet of those struggling with **insomnia and panic disorders**. It is one of the best **natural anti-depressants** prescribed by medical practitioners for disorders like MDD (major depressive disorder), Unipolar Disorder and so on.
- Sapodilla also helps in the **treatment of cold and cough**. Consumption of this fruit helps to remove nose blockage and also in case of persistent coughs.

60 - Mango



Name of Plant Species: *Mangifera indica*

Height in cm: 21.08 (as on 21.11.2018)

Width in cm: 17.78 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: Sree Sree Shivakumara Swamiji (Social Worker)

A fleshy, oval, yellowish-red tropical fruit that is eaten ripe or used green for pickles or chutneys. Mango trees grow to 35 – 40 m (115–131 ft) tall, with a crown radius of 10 m (33 ft). The trees are long-lived, as some specimens still fruit after 300 years. In deep soil, the taproot descends to a depth of 6 m (20 ft), with profuse, wide-spreading feeder roots and anchor roots penetrating deeply into the soil. The leaves are evergreen, alternate, simple, 15–35 cm (5.9–13.8 in) long, and 6–16 cm (2.4 - 6.3 in) broad.

Scientific classification

Kingdom:	Plantae
Family:	Anacardiaceae

Genus:	<i>Mangifera L.</i>
Family:	Anacardiaceae
Genus:	Mangifera
Species:	M. indica

Nutritional value per 100 g (3.5 oz)

Energy	250 kJ (60 kcal)
Carbohydrates	15 g
Sugars	13.7
Dietary fiber	1.6 g
Fat	0.38 g
Protein	0.82 g
Vitamin A equiv. beta-Carotene luteinzeaxanthin	(7%) 54 µg (6%) 640 µg 23 µg
Thiamine (B1)	(2%) 0.028 mg
Riboflavin (B2)	(3%) 0.038 mg
Niacin (B3)	(4%) 0.669 mg
Pantothenic acid (B5)	(4%) 0.197 mg
Vitamin B6 (Pyridoxine)	(9%) 0.119 mg
Folate (B9)	(11%) 43 µg
Choline	(2%) 7.6 mg
Vitamin C (L. ascorbic acid)	(44%) 36.4 mg
Vitamin E (Phylloquinone)	(6%) 0.9 mg
Vitamin K (Tocopherol)	(4%) 4.2 µg
Calcium	(1%) 11 mg
Iron	(1%) 0.16 mg
Magnesium	(3%) 10 mg
Manganese	(3%) 0.063 mg
Phosphorus	(2%) 14 mg
Potassium	(4%) 168 mg
Sodium	(0%) 1 mg
Zinc	(1%) 0.09 mg

- Mangoes contain high amounts of **vitamin A and C**, which helps to produce **collagen proteins** inside the body. Collagen helps protect blood vessels and the body's connective tissues, thereby **slowing down the natural ageing process**. Therefore, mangoes can rightly be called an **anti-ageing food**.
- Mangoes are **rich in iron**, which makes them beneficial for people suffering from **anaemia**. A regular, moderated intake can help eliminate anaemia by increasing the red blood cell count in the body.
- Mangoes have abundant quantities of **vitamin B6**, which is vital for maintaining and improving the **brain's function**. These vitamins aid in the amalgamation of the major neurotransmitters that contribute in determining mood and the modification of sleeping patterns. With mangoes as a part of your diet, you can be assured of a **healthy brain and effective nerve functioning**.
- Mangoes are rich in **beta-carotene**, a powerful carotenoid. This element helps to enhance the **immune system** and make it impervious to bacteria and toxins. Excess beta-carotene is also transformed into **vitamin A** inside the body. Vitamin A is another antioxidant that gives you additional protection against the free radicals harming your internal systems.
- Mangoes **have high amounts of pectin**, a soluble dietary fibre that efficiently contributes to lower cholesterol levels in the blood. Pectin can also help **prevent the development of prostate cancer**.
- The tonic made from mangoes is used to **treat bleeding gums, anaemia, cough, constipation, nausea, fever, seasickness and as a cure for weak digestion**.
- Mango consumption is one of the easiest ways to **gain weight**. **150g of mango has around 86 calories**, which can be absorbed easily by the body. Moreover, they contain starch, which transforms into sugar and aids in gaining weight.
- Mangoes play a prominent role in **eliminating** problems such as **indigestion and excess acidity**. The digestive enzymes in them help promote natural and efficient digestion. The bioactive ingredients in mangos like esters, terpenes and aldehydes contribute in enhancing appetite and also improve the function of the digestive system.
- Mangoes are **beneficial for pregnant women** since they fulfil the **iron requirements** during pregnancy.
- Mango leaves are also helpful in **curing diabetes** as it manages the blood sugar levels of diabetics.

61 - Java plum or Jamun



Species:	<i>S. cumini</i>
Nutritional value per 100 g (3.5 oz)	
Energy	251 kJ (60 kcal)
Carbohydrates	14 g
Dietary fiber	0.6 g
Fat	0.23 g
Protein	0.995 g
Thiamine (B1)	(2%) 0.019 mg
Riboflavin (B2)	(1%) 0.009 mg
Niacin (B3)	(2%) 0.245 mg
Vitamin B6 (Pyridoxine)	(3%) 0.038 mg
Vitamin C (L. ascorbic acid)	(14%) 11.85 mg
Calcium	(1%) 11.65 mg
Iron	(11%) 1.41 mg
Magnesium	(10%) 35 mg
Phosphorus	(2%) 15.6 mg
Potassium	(1%) 55 mg
Sodium	(2%) 26.2 mg
Water	84.75 g

Name of Plant Species: *Syzygium cumini*

Height in cm: 38.86 (as on 21.11.2018)

Width in cm: 29.72 (as on 21.11.2018)

Date of Plantation: 20.08.2015

Name given to it: S.K. Amin (Social Worker)

A large evergreen Asian tree of the *myrtle* family, which yields edible fruit, tanbark and fuelwood. It is an evergreen tropical tree in the flowering plant family *Myrtaceae*. It is native to the Indian Subcontinent, adjoining regions of Southeast Asia, China and Queensland. The name of the fruit is sometimes mistranslated as blackberry, which is a different fruit in an unrelated order. *Syzygium cumini* has been spread overseas from India by Indian emigrants and at present is common in former tropical British colonies.

Scientific classification	
Kingdom:	Plantae
Order:	Myrtales
Family:	Myrtaceae
Genus:	<i>Syzygium</i>

- Bark of Java plum tree has **anti-helminthic properties**, which helps in treating **urinary disorders**.
- Decoction of Java plum seeds that **contains aromatic herbs** is an excellent home remedy to relieve **fatigue and strain**.
- Java plum has medicinal properties. Juice of this fruit is a natural astringent used as a mouthwash as it **eliminates bad breathe**. Pulp of jambul is used as a treatment for gingivitis (bleeding gums).
- Java plum is known to **enrich blood and also protect from liver damage**. Many herbalists recommend juice of this fruit with herbs because it has **antioxidants** and flavonoids that play a huge role in **purification of blood**. Natural acids present in this fruit play a essential role in digestive enzyme secretion. Regular intake of **java plum** stimulates healthy liver function.
- Consumption of Java plum minimizes the **risk of cancer**. This fruit has several **bioactive phytochemicals** that include polyphenols, which contain anthocyanin known to fight cancer cells. Individuals that undergo chemotherapy or radiation sessions benefit significantly from juice consumption of Java plum. Anthocyanins, flavonoids, ellagic acid and gallic acid present in java plum have the capacity to prevent carcinogenesis in organs.
- **Leaves and bark of Java plum** are used in combination with other ingredients by Ayurveda and Unani practitioners for various treatments such as **diarrhea and indigestion**.
- Wine and vinegar made from Java plum is used as a cure for **sore throat, whooping cough, cuts, bruises and open wounds**.
- Seed powder is used as a cure for **digestive disorders**, an excellent home remedy for **bloating**. Powder of seeds in Java plum juice is excellent for individuals with a suppressed **immune system**.
- Bark powder mixed with water is effective in curing **tapeworm infection**.

62. Copper Pod



Scientific classification	
Kingdom:	Plantae
Order:	Fabales
Family:	Fabaceae
Genus:	<i>Peltophorum</i>
Species:	<i>P. pterocarpum</i>

Name of Plant Species: *Peltophorum pterocarpum*

Height in cm: 76.2 (as on 14.09.2018)

Width in cm: 91.44 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it:

Peltophorum pterocarpum (commonly known as copperpod, yellow-flamboyant, yellow flametree, yellow poinciana or yellow-flame) is a species of *Peltophorum*, native to tropical southeastern Asia and a popular ornamental tree grown around the world.

It is a deciduous tree growing to 15–25 m (rarely up to 50 m) tall, with a trunk diameter of up to 1 m belonging to Family Leguminosae and sub-family Caesalpinaceae. The leaves are bipinnate, 30–60 cm long, with 16–20 pinnae, each pinna with 20–40 oval leaflets 8–25 mm long and 4–10 mm broad. The flowers are yellow, 2.5–4 cm diameter, produced in large compound raceme up to 20 cm long. Pollens are approximately 50 microns in size.

62. Gulmohar



occurring

variety *flavida* (Bengali: *Radhachura*) has yellow flowers. The pods are green and flaccid when young and turn dark-brown and woody. They can be up to 60 cm long and 5 cm wide. The seeds are small, weighing around 0.4 g on average. The compound (doubly pinnate) leaves have a feathery appearance and are a characteristic light, bright green. Each leaf is 30–50 cm long with 20 to 40 pairs of primary leaflets or pinnae, each divided into 10–20 pairs of secondary leaflets or pinnules. Pollen grains are elongated, approximately 52 microns in size.

Scientific classification

Kingdom:	Plantae
Order:	Fabales
Family:	Fabaceae
Genus:	<i>Delonix</i>
Species:	<i>D. regia</i>

Name of Plant Species: *Delonix regia*

Height in cm: 71.12 (as on 14.09.2018)

Width in cm: 10.92 (as on 14.09.2018)

Date of Plantation: 20.08.2015

Name given to it:

Delonix regia is a species of flowering plant in the bean family Fabaceae, subfamily *Caesalpinioideae*. It is noted for its fern-like leaves and flamboyant display of flowers. In many tropical parts of the world it is grown as an ornamental tree and in English it is given the name royal poinciana, flamboyant, flame of the forest or "flame tree".

The flowers of *Delonix regia* are large, with four spreading scarlet or orange-red petals up to 8 cm long, and a fifth upright petal called the standard, which is slightly larger and spotted with yellow and white. They appear in corymbs along and at the ends of branches. The naturally