

Exotic Tree from the Myrtle Family

Java Plum (*Syzygium cumini*)

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What Exotic tree from the Myrtle family have seeds that are not only Hypoglycaemic but they also possess anti-inflammatory, anti-arthritic and anti-pyretic properties? Also, the flesh of the fruit can be used as a ingredient of a preparation used against Asthma.



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Java Plum (*Syzygium cumini*) or Jambolan is a large, evergreen and exotic tree from the Myrtle family, originating in the region between eastern India and Myanmar (Burma). This supposedly insignificant and very very common tree with no commercial value for its fruit crop, dot the countryside from India, all the way to Myanmar, upto an altitude of 5,900 ft.

Java Plum had been repeatedly mentioned in the Sanskrit writings of ancient India. The famous Arab Historian Ibn Batuta who visited India in 1332 A.D., wrote about Java Plum trees being abundant around Delhi (present day New Delhi, India's capital).

In 1880's, one Dr. C. Graeser, of Bonn, Germany had published in the CENTRAL BLATT FUR KLINISCHE MEDIZIN, an interesting account of a series of experiments on dogs with phloridzin-induced Diabetes, with the extract of the fruit and the seed of Java Plum. He concluded that the Diabetes is considerably lessened by the seed extract, which is non-poisonous, and does not cause any ill effect.

He found Java Plum to contain Malic Acid, a small quantity of Oxalic Acid, Gallic Acid and Tannins. The Java Plum seeds are not only Hypoglycaemic but they also possess anti-inflammatory, anti-arthritic and anti-pyretic properties. The flesh of Java Plum can be used as an ingredient of a preparation used against Asthma.

The photos were taken on 21st of July from one of numerous neglected,

roadside Java Plum trees in Merritt Island. The flowers are greenish white, fragrant while the fruits are ellipsoid or oblong, black with pinkish/purplish juicy pulp with single seed.

