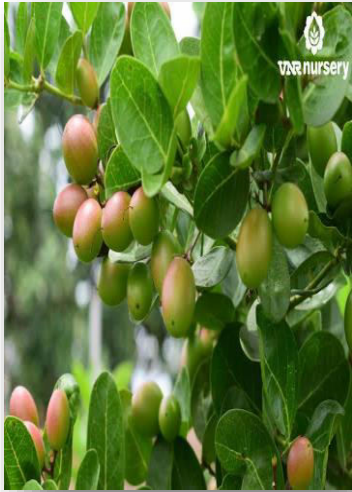


***Botanical Name - Carissa carandus***

***Common Name - Karonda***



### Uses

1. Medicinal: Used in traditional medicine to treat anemia, indigestion, and fever.
2. Antioxidant: Rich in vitamin C and antioxidants, boosting immunity.
3. Digestive Health: Helps in relieving constipation and improving digestion.
4. Culinary: Used to make pickles, jams, and chutneys.
5. Juice: Extracted for refreshing beverages.
6. Snacks: Consumed as fresh fruit or dried snacks.
7. Anti-inflammatory: Reduces inflammation and pain.
8. Skin Health: Promotes glowing skin due to its nutrient content.
9. Anemia Management: High iron content helps increase hemoglobin levels.
10. Antimicrobial: Effective against certain bacteria and fungi.