

Botanical Name- - Syzygium cumini
Common Name -Jamun, Black Plum

Uses



1. **Blood Sugar Regulation:** Helps manage blood sugar levels, beneficial for diabetics.
2. **Rich in Antioxidants:** Protects against oxidative stress and boosts immunity.
3. **Improves Digestion:** Aids in digestion and reduces acidity.
4. **Anti-Inflammatory:** Reduces inflammation in the body.
5. **Boosts Heart Health:** Supports heart health by improving blood circulation.
6. **Liver Health:** Helps detoxify the liver and improve liver function
7. **Promotes Skin Health:** Treats acne, pimples, and skin rashes.
8. **Wound Healing:** Used topically for its anti-bacterial properties to promote faster healing of wounds.
9. **Cough Relief:** Jamun juice is a natural remedy for cough and sore throat.
10. **Weight Loss:** Helps in weight management by improving metabolism.