

Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001
CHINCHA

Botanical Name : *Tamarindus indica* Linn.

Family : Caesalpiniaceae

Introduction :

Latin name Tamarindus = the distorted form of the Arabic name tamarindus – hind meaning ‘ripe date of India’; indica Indian

Scientific classification: The tamarind belongs to the subfamily Caesalpinioideae, family Fabaceae (formerly Leguminosae). It is classified as Tamarindus indica.

Names in different Indian languages :

English : Tamarind tree

Kannada : Huli, amlī

Sanskrit : Amlīka, chincha

Telugu : Cintapandu, amlaki, cintacettu

Hindi : Amlī, imli

Malayalam : Puli, kolpuli, valanpuli

Tamil : Puli, amilam

Unani : Tamar

Synonyms :

Amlī, Amlīka, Suktaa, Chukraa, Chukrikā, Chinchā, Chandikā, Tintidika

Tamarindus occidentalis Gaertn.

Tamarindus officinalis HK.

Morphology :

It is a fast growing tall tree and is known by these names — chincha, tintini, mali, ambalt. chinch, tamarind.

Leaves — compound, leaflet 20 to 40. round in shape Flowers – in bunches, yellow in colour and boat shaped. Legume— 7 to 12 cm. Long Seeds are called as chinchoke in Marathi.

Distribution & Habitat :

Throughout India

Chemical constituents :

Tartaric, citric, malic, acetic, potassium tartarate, etc. In the seed there is 65% carbohydrates, orientin, vitexin, iso-orientin and iso-vitexin, tamarindial

Properties :

Guna:Guru,Ruksha:

Veerya :ushna:

Rasa amla;

Vipaka: amla

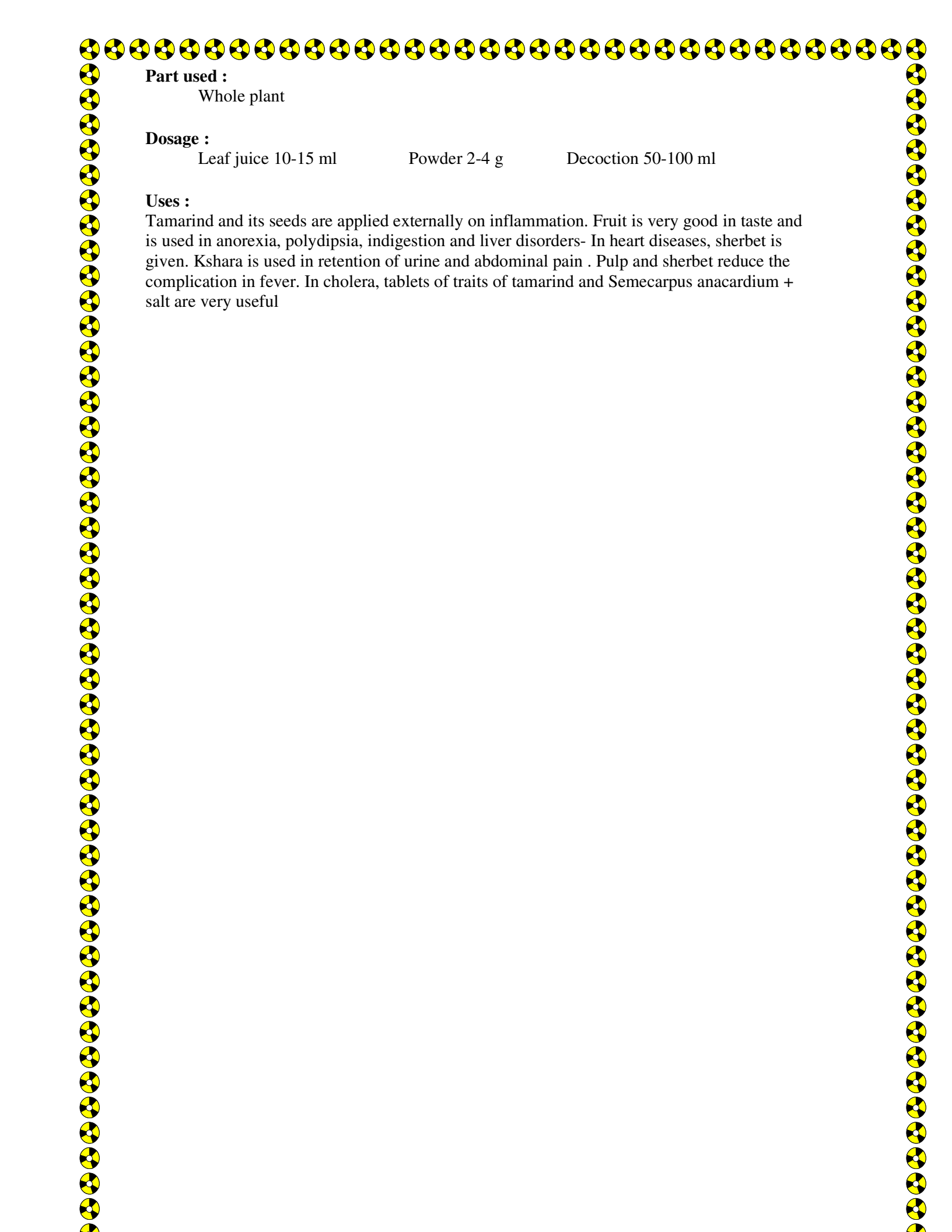
Karma :

Grahi, deepana, ruchyam, hridyam, sulaghnamkaphaghi

Laxative, carminative, digestive, astringent, cooling, diuretic, antimicrobial, antifungal, anthelmintic, antiviral, antipyretic, anti-inflammatory

Indication :

Pandu, vataroga, vrana, sophā, ajirna, Anaemia, ulcers, wounds, fever, skin disease, cough, piles



Part used :

Whole plant

Dosage :

Leaf juice 10-15 ml

Powder 2-4 g

Decoction 50-100 ml

Uses :

Tamarind and its seeds are applied externally on inflammation. Fruit is very good in taste and is used in anorexia, polydipsia, indigestion and liver disorders- In heart diseases, sherbet is given. Kshara is used in retention of urine and abdominal pain . Pulp and sherbet reduce the complication in fever. In cholera, tablets of traits of tamarind and Semecarpus anacardium + salt are very useful