

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

**Botanical Name :** *Citrus limon* (Linn.) Burm.f.

**Family :** Rutaceae

**Introduction :**

This drug commonly used in Rasa sāstra. it coming under Amla varga. Its juice is considered to be Vyadhi-viparitarthakāri cikitsa in Amlapittai Sūla. this herb have high Vitamin -C value.

Scientific classification: The lime belongs to the family Rutaceae. It is classified as Citrus aurantifolia. The Perrine lemon is classified as Citrus limon aurantifolia.

**Names in different Indian languages :**

**English :** Lemon

**Hindi :** Nimbu

**Kannada :** Limbe

**Malayalam :** Chereunarakam

**Sanskrit :** Jambira

**Tamil :** Periya elumuchhai

**Telugu :** Peddanimma ,nimma

**Unani :** Utraj

**Synonyms :**

Jambh, Jambhir, Jaamphal, Nimbu, Nimbuka, Naaranga, Limpaka, Dantashatha, Airaavata, Neebu (bigger var.).

**Classification according to Charaka, Susrutha & Vagbhata :**

Charaka: Phala Varga, Amla varga

Susrutha: Phala Varga

Vagbhata: Phala Varga

**Varieties & adulterants – (CV – controversy, AD – adulterants) :**

- (1) Vana Jambira (wild lime)-. *Atalantia malabarica* (Rafin.) Tanaka or *A. monophylla* correa.
- (2) Jambira (lime)— *Citrus aurantifolia* (Christm) Single or *mediaca* Linn. Var. *acida* watt.
- (3) MistanimbUphaja (sweet lime)— *Citrus limetta* Risso.
- (4) Naranga (orange)— *Citrus reticulata* Blanco or *C. aurantium* Linn. Var. *aurantium*.
- (5) Madhukarkati (pummelo or paradise apple)— *Citrus maxima* (Burm). Merr.
- (6) Nimbuka (lemon)— *Citrus limon* (L.) Burm. f
- (7) Bijapūra (citron)— *Citrus medica* Linn. or *C. niedica* var. *medica* Watt.
- (8) Svalpa Jambirikā
- (9) Mistaphala

- 1 . *Citrus pseudolimon* (Galgal)
2. *Citrus nobilis* XC. *Deliciosa* (kinnow)
3. *Citrus aurantium* (khatta)
4. *Citrus medica* (baramasi/ bara nimbu)
5. *Citrus jhambiri* (jhambiri)
6. *Citrus aurantifolia* (nimbu)



**Morphology :**

A straggling, bushy, small tree, 3-4 m. high, with thorny branches.

Leaves—simple, alternate, ovate, petiole margined or winged.

Flowers-small, white or pinkish, sweet-scented.

Fruit- oblong or ovoid, usually with a nipple-shaped extremity, bright yellow, rind thick; pulp acid, pale yellow

**Distribution & Habitat :**

All over India

**Chemical constituents :**

Fruit juice contains 7 to 10% citric acid, phosphoric acid, malic acid, citrate, sugar, mucin and alkaloids, hesperidin, Abscisic acid, abscisin II, auxin, limonin, limonene, poncirin from fruits.

**Properties :**

Rasa Amla, Katu  
Virya Usna

Guna Laghu, Tikсна  
Vipaka Amla

**Karma :** Vāta-Kapha hara, Dipana-pacana, Caksusya, ruchyam, varnyam , tarpanam antiscorbutic, carminative, stomachic, antihistaminic, antibacterial.

**Indication :**

Krimi, coughs, colds, fever, scurvy, hiccoughs, Cough, ulcer, skin disease

**Part used :** - Fruit

**Dosage :-** juice 10-15 ml

**Internal use :**

**Digestive system :** being an antidiabetic, palatable, appetizer, digestant, laxative and collagogue, it is useful in emesis, distaste, anorexia, indigestion, constipation, abdominal distension and liver disorders

**Circulatory system :** As it is a cardiac tonic, antihemorrhagic and blood purifier

**Respiratory system :** it is used in cough induced by vata and kapha. Lime juice is put in nose in epistaxis.

**Urinary system :** Diuretic and reduces uric acid, Mixture of lime juice and yavakshar reduces dysuria and uric acid.

Skin Being diaphoretic. it is used in various skin disorders.

Temperature useful in fever and burning sensations.

**Therapeutic Uses:**

(1) Karnasula-The oil prepared by using lime juice is useful .

(2) Amla Pitta— Fresh juice of Jambira may be given in the evening (C.D.)