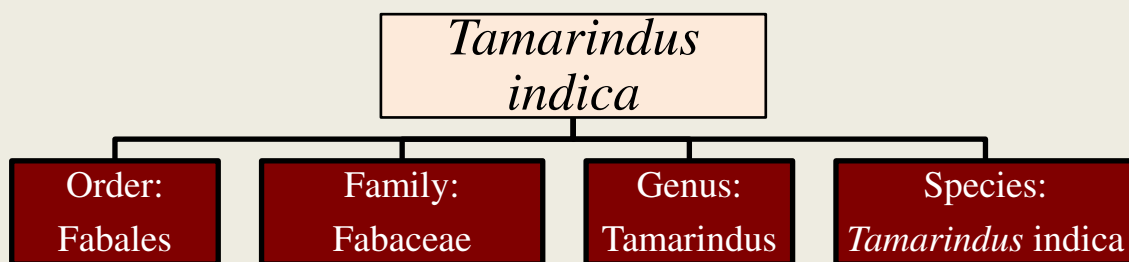


Tamarind



DESCRIPTION

- The tamarind is a long-lived tree, which attains a maximum crown height of 25 meters (80 feet). It is
- Indigenous to tropical Africa and naturalized in Asia. the tamarind tree produces brown, pod-like fruits that contain a sweet, tangy pulp, which is used in cuisines around the world.
- A sweetened decoction of the leaves is good against throat infection, cough, fever, and even intestinal worms.
- Young leaves may be used in fomentation for rheumatism, applied to sores and wounds, or administered as a poultice for inflammation of joints to reduce swelling and relieve pain
- Leaf extracts exhibit anti-oxidant activity in the liver, and are a common ingredient in cardiac and blood sugar reducing medicines.