

# Exploring the Potential Health Benefits of *Cordia dichotoma*: A Comprehensive Overview

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*Cordia dichotoma*, commonly known as fragrant manjack or Indian cherry, is a plant that is native to Asia and Australia. Various parts of the plant, such as the leaves, fruits, and bark, have been traditionally used in traditional medicine systems for their potential health benefits. It's important to note that while there is some traditional knowledge about the potential health benefits of *Cordia dichotoma*, scientific research on its medicinal properties is limited, and more studies are needed to validate these claims.

## *Cordia dichotoma*: Uses

- The leaves are used as plates and cigar wraps.
- The extract of the leaves is commonly found as a component in several commercially available cosmetic products.
- The seeds may be crushed up to extract oil.

- Mucilaginous fruit may be used to make glue if the right conditions are met.
- The wood is hard, moderately robust, and ages well, but insects quickly begin feeding on it when it is cut down. It is utilised in the building of homes as well as in the production of agricultural tools.
- The wood from the tree is used for heating and cooking.

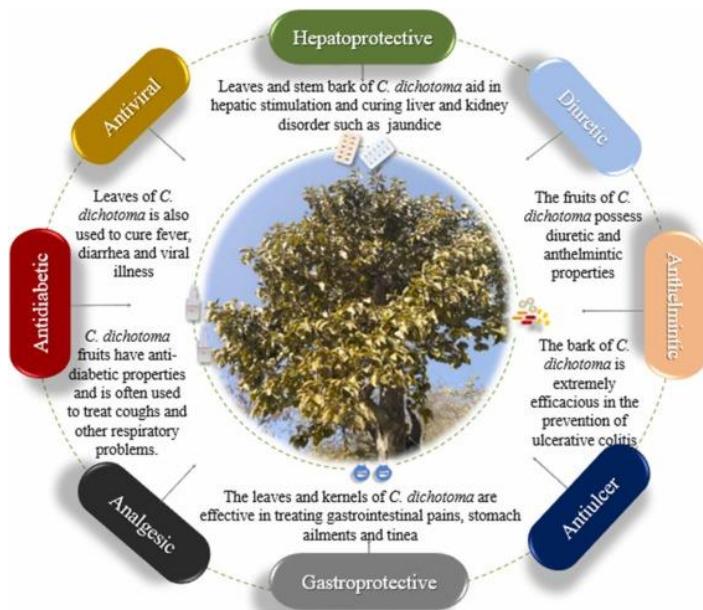
## Edible Uses

- The entire *C. dichotoma* plant can be consumed as food since the entire plant is edible. Pickles are made from immature fruits, which are also consumed raw or cooked like vegetables.
- Raw fruits are a staple diet for Orissa's rural population, particularly in coastal areas. It's possible that cattle might be fed the seed kernels of the *C. dichotoma* plant since they contain a significant amount of both fatty oils and proteins.
- Polysaccharide gum is produced from the plant at a concentration of 97% and utilised for a variety of medicinal applications.
- Chromium, which is contained in the fruit, has been shown to have a therapeutic effect in the treatment of diabetes.

## Medicinal Uses

- *Cordia dichotoma*'s therapeutic history dates back to ancient Egypt. Bark, leaves, and fruit all contain mucilage and are diuretic and demulcent. They relieve stomach aches, coughs, and chest ailments.
- Researchers have extracted active chemicals from the plant. Alpha-amyrin and 5-dirhamnoside have anti-inflammatory properties.

- Its demulcent and mucilaginous qualities help cure coughs, sore throats, chest complaints, and urinary tract irritations. In big dosages, it's a laxative for bilious problems.



- Fresh fruit is used to treat skin outbreaks and gonorrhoea.
- A decoction of the stem bark is used to cure dyspepsia, diarrhoea, dysentery, fever, headache, and stomachache. After childbirth, it's useful.
- The bark strengthens teeth.
- The leaf juice is used to alleviate migraines, inflammation, and swelling.

Here are some potential health benefits associated with *Cordia dichotoma*:

1. **Anti-inflammatory Properties:** Some studies suggest that extracts from *Cordia dichotoma* may possess anti-inflammatory properties,

which could be beneficial for conditions involving inflammation.

2. **Antioxidant Activity:** The plant contains compounds with antioxidant properties, which can help neutralize harmful free radicals in the body. Antioxidants are important for overall health and may contribute to the prevention of certain diseases.
3. **Antimicrobial Effects:** *Cordia dichotoma* extracts have demonstrated antimicrobial activity against certain bacteria and fungi in laboratory studies. This suggests a potential role in the treatment of microbial infections.
4. **Anti-diabetic Potential:** There is some evidence to suggest that *Cordia dichotoma* may have anti-diabetic properties. It may help regulate blood sugar levels, making it of interest for diabetes management.
5. **Hepatoprotective Effects:** Some studies suggest that *Cordia dichotoma* may have protective effects on the liver, potentially aiding in the prevention of liver damage.
6. **Wound Healing:** Traditionally, *Cordia dichotoma* has been used topically for wound healing. It is believed to have properties that promote the healing process.
7. **Respiratory Health:** In traditional medicine, *Cordia dichotoma* has been used for respiratory conditions. It is believed to have properties that may help with conditions such as coughs and asthma.

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