

Psidium guajava

Common name: Guava

Family: Myrtaceae

Habit: Tree

Location: Science Block, Pasricha Block, Hostel and Botanical Garden

Distribution: Guava is native to the Caribbean, Central America and South America, widely cultivated across the world.

Description:

Guava is a small tree, up to 33 ft tall, with spreading branches, easily recognized because of its smooth, thin, copper-colored bark that flakes off, showing the greenish layer beneath; and also because of the attractive, "bony" aspect of its trunk which may in time attain a diameter of 10 in. Faintly fragrant white flowers, borne singly or in small clusters in the leaf axils, are 2.5 across, with 4 or 5 white petals which are quickly shed, and a prominent tuft of about very many white stamens tipped with pale-yellow anthers. The fruit, exuding a strong, sweet, musky odor when ripe, may be round, ovoid, or pear-shaped, 5-10 cm long, with 4 or 5 protruding sepals at the top, and thin, light-yellow skin, frequently blushed with pink.

Uses:

It is grown for its fruit. Guava may help lower blood sugar levels, boost heart health, leaf extracts decrease symptoms of painful menstruation, including cramps. Also, reduce diarrhea and constipation aid weight loss. The high levels of antioxidants in guava may help prevent the development and growth of cancer cells. Guavas are one of the richest food sources of vitamin C. It improves immunity, heart health, beats toothache, good for brain, helps improve vision, has anti-aging properties, etc.

