

Common Name: Guava

Botanical name: *Psidium guajava* L.

Family: Myrtaceae

The guava (*Psidium guajava* L.) tree belonging to the family, is a very unique and traditional plant which is grown due to its diverse medicinal and nutritive properties. Guava has been grown and utilized as an important fruit in tropical areas like India, Indonesia, Pakistan, Bangladesh, and South America.

Phytochemicals:

Nutritional profile of guava leaves.	
Compounds	Content/Composition
Elements and ascorbic acid	
Potassium	1.11%
Phosphorus	0.23%
Nitrogen	1.02%
Ascorbic acid	142.55 mg/100 g
Carbohydrates/phenols/sulfates	
Fucose	1.44%
Rhamnose	3.88%
Arabinose	22.6%
Galactose	29.41%
Glucose	33.79%
Mannose	0.59%
Xylose	7.71%
Phenol	15.28%
Sulfate	18.58%
Carbohydrate	48.13%
Sulfate polysaccharide	66.71%

The phytochemicals present in Guava are Quercetin, avicularin, apigenin, guaijaverin, kaempferol, hyperin, myricetin, Gallic acid, catechin, epicatechin, quercetin, chlorogenic acid, epigallocatechin gallate, caffeic acid and kaempferol-3-arabofuranoside,.



Medicinal and Therapeutic value:

Different parts of the guava tree, i.e., roots, leaves, bark, stem, and fruits, have been employed for treating stomachache, diabetes, diarrhea, and other health ailments.

Guava leaves, along with the pulp and seeds, are used to treat certain respiratory and gastrointestinal disorders, and to increase platelets in

patients suffering from dengue fever. Guava Leaves are also widely used for their antispasmodic, cough sedative, anti-inflammatory, antidiarrheic, antihypertension, antiobesity, and antidiabetic properties. Studies on animal models have also established the role of GL isolates as potent antitumor, anticancer, and cytotoxic agents.