



**SWAMY VIVEKANANDA NATUROPATHY AND YOGA  
MEDICAL COLLEGE, SANKARI, SALEM**

# **TAMARINDUS INDICA**



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## **TAMARINDUS INDICA**

- **T. indica belongs to the Fabaceae family and the Caesalpinioideae subfamily.**
- **Tamarind is a tropical tree.**
- **It is not only a staple in many cuisines, but it's also packed with nutrients, vitamins and minerals that can boost your overall health.**
- **Leaves are unipinnate compound, 15 cm long, with an alternate arrangement. Young leaves are light green and become darker while maturing.**

The background of the slide features a detailed botanical illustration of Tamarindus indica. It shows several green, pinnate leaves with small, oval leaflets. Two large, elongated, reddish-brown fruits (tamarind pods) are also depicted, hanging from the branches. The entire illustration is rendered in a soft, watercolor-like style and is positioned behind the text.

## **IN TRADITIONAL MEDICINE:**

- **Tamarindus indica has played fundamental roles in traditional medicine as an anti-inflammatory and analgesic drug .**
- **Leaves can be beneficial for joint pain like arthritis condition due to their anti-inflammatory properties, which can alleviate pain and swelling.**
- **It treats musculoskeletal pain and inflammation.**



## **ANTI - INFLAMMATORY AND BIOCHEMICAL COMPOUNDS OF TAMARIND LEAVES:**

**It contains various phytochemicals like**

- **Tannins**
- **Saponins**
- **Steroids**
- **Glycosides**
- **Phenolics**
- **Monosaccharides**
- **Carbohydrates**
- **polyphenols,**
- **flavonoids, and**
- **alkaloids**
- **And also contains**
- **Fatty Acids ,**
- **Alkaloids**
- **vitamin B3**
- **VITAMIN C**

## USES OF TAMARIND LEAVES:

- **Wound healing:** Reduce swelling and redness around wounds.
- **Swollen joints:** It can help to treat swollen joints, boils, and sprains.
- **Rheumatism:** Tamarind leaves can help treat rheumatism.

## Health Benefits Of Tamarind Leaves

Tamarind leaves provides relief from malaria

It can cure jaundice and diabetes

It helps cure scurvy

It heals wounds faster

It improves lactation

Stops genital infections

Provides relief from menstrual cramps

It contains anti-inflammatory properties

Improves oral health and cures tooth ache





## **APPLICATION METHODS:**

- **Tamarind leaves can be consumed by boiling them in water as a tea.**
- **Application as a paste of crushed leaves directly to affected joints.**
- **Tamarind Leaf Paste :** Crush fresh tamarind leaves and mix with a carrier oil (coconut or olive oil) to create a paste. Apply to the affected joint, cover with a cloth, and leave on for 2-3 hours.
- **Tamarind Leaf Oil :** Extract oil from tamarind leaves using a carrier oil. Apply the oil to the affected joint, gently massage, and leave on for 2-3 hours.
- **Tamarind Leaf Compress :** Soak a cloth in warm water, add crushed tamarind leaves, and apply to the affected joint. Leave on for 15-20 minutes.





## **REFERENCE :**

- 1. Komakech R, Kim YG, Matsabisa GM, Kang Y. Anti-inflammatory and analgesic potential of *Tamarindus indica* Linn. (Fabaceae): a narrative review. Integr Med Res. 2019 Sep;8(3):181-186. doi: 10.1016/j.imr.2019.07.002. Epub 2019 Jul 23. PMID: 31453087; PMCID: PMC6704379.**
- 2. Sookying S, Duangjai A, Saokaew S, Phisalprapa P. Botanical aspects, phytochemicals, and toxicity of *Tamarindus indica* leaf and a systematic review of antioxidant capacities of *T. indica* leaf extracts. Front Nutr. 2022 Sep 20;9:977015. doi: 10.3389/fnut.2022.977015. PMID: 36204366; PMCID: PMC9530316.**

### **NOTE:**

- Consult a doctor before using them as a primary treatment**
- Might experience digestive discomfort ,if you take in oral**
- There is limitation in research studies that effectiveness for joint**