

SOME MEDICINAL USES OF *Garcinia indica* Choisy

B.F. Rodrigues

Department of Botany, Goa University,
Taleigao Plateau, Goa 403 206.

ABSTRACT

The Genus *Garcinia* belonging to the family Clusiaceae includes about 200 species found in the Tropics of the Old World, especially Asia and Africa. Out of a total of 35 species found in India, 17 are endemic. Of these, 7 are endemic to the Western Ghats, 6 in Andaman and Nicobar Islands and 4 in the North-east India. They prefer evergreen and evergreen forests, but some thrive in relatively low rainfall area. *Garcinia indica*, commonly known by various names such as Bindin, Biran, Bhinda, Kokum, Katambi, Ratamba or Amsol in Vernacular, while in English language too, it is known by various names such as Mangosteen, Wild mangosteen, Red mango, The Kokum butter tree, The Mangosteen oil tree, the Brindonia tallow tree, Indian Gamboge and Tomata plant, is a graceful slender tree usually attaining a height of up to 10 meters.

INTRODUCTION:

The Genus *Garcinia* belonging to the family Clusiaceae includes about 200 species found in the Tropics of the Old World, especially Asia and Africa. Out of a total of 35 species found in India, 17 are endemic. Of these, 7 are endemic to the Western Ghats, 6 in Andaman and Nicobar Islands and 4 in the North-east India. They prefer evergreen and semi evergreen forests, but some thrive in relatively low rainfall area. *Garcinia indica*, commonly known by various names such as Bindin, Birand, *Bhinda*, *Kokum*, *Katambi*, *Ratamba* or *Amsol* in vernacular, while in English language too, it is known by various names such as Mangosteen, Wild mangosteen, Red mango, the Kokum butter tree, the Mangosteen oil tree, the Brindonia tallow tree, Indian Gamboge and Tomato plant, is a graceful slender tree usually attaining a height of up to 10 meters.

DISTRIBUTION:

Garcinia indica is endemic to India. Its distribution in India is restricted only to the Tropical evergreen forests of Western Ghats that includes the States of Goa, Maharashtra, Karnataka and Tamil Nadu, while it is very rarely found in Kerala.

MEDICINAL USES:

Paralysis: Clean chopped stem bark is finely powdered and is added to boiling water. After 2-3 minutes, a lightly cooled decoction is used for washing the affected parts for about 2 to 3 times a day.

Digestive tonic: About half to one glass of curry prepared from the fruits by adding little salt and sugar is taken after food.