



TAMARIND

Botanical name: *Tamarindus indica*



This extract was added with the intention of offering a remedy for intoxication, but it was soon learned that the fruit has countless additional benefits. Tamarind is originally from Africa but is grown throughout the Caribbean and Asia as well as on some Pacific Islands. The bulk of imports come from the Antilles.

Tamarind is used mainly to improve digestion but the mechanism whereby it achieves this power seems to imply that tamarind is anti-inflammatory and detoxifying, being used for such serious poisoning as that caused by ingesting datura. It restores sensation in certain kinds of paralysis. It is also used for gingivitis as well as to promote excretion of fluoride.

Contents: extract of *Tamarindus indica* fruit in distilled water, organic alcohol, and vegetable glycerin.

Alcohol: 24-26%

Dosage: 15-20 drops two to three times per day.

Chemical constituents: Plant acids (16-18%) composed mainly of d-tartaric acid (up to ca. 18%), minor amounts of l-malic acid. Other constituents: polyphenolics (catechin, epicatechin, and procyanidin), flavonoids (taxifolin, apigenin, eriodictyol, luteolin, and naringenin), tartrate.

Volatile phytochemicals: limonene, terpinen-4-ol, neral, α -terpineol, geranial, and geraniol, which are responsible for its citrus note; methyl salicylate, safrole, ionones (β - and γ -), cinnamaldehyde, and ethyl cinnamate, which contribute to its warm spicy notes; piperitone; and several pyrazines and alkylthiazoles.

β -Sitosterol and a bitter principle tamarindial (5-hydroxy-2-oxo-hexa-3,5-dienal) - dried fruit pulp (ca. 0.67%). A galactose-specific lectin - fruits.

Minerals: copper, potassium, calcium, iron, selenium, zinc and magnesium

Vitamins: thiamin (36% of daily required levels), vitamin A, folic acid, riboflavin, niacin, and vitamin C

Pharmacological uses:

Antioxidant, detoxifying, digestive, cardioprotective, anti-inflammatory, antimalarial, antileprotic, antiscorbutic, diuretic, analgesic, chemopreventive, hepatoprotective, biliary stimulating, antibacterial, anti-emetic.

Therapeutic uses

- Fluorosis
- Jaundice
- Biliary disorders
- Scurvy
- Sore throat
- *Datura* poisoning
- Alcoholic intoxication
- Sensory loss
- Obesity



Image credit: <http://www.tumblr.com/tagged/tamarind>

Doshas: *Vata-Pitta*

Taste: Sour

Properties: Heavy, Dry

Traditional uses:

- *Vata-Pitta* diseases
- Hyperlipidemia
- Hyperglycemia
- Loss of appetite

- Liver diseases
- Heart diseases
- Constipation
- Leukorrhea
- Premature ejaculation
- Vomiting
- Dry mouth - xerostomia
- Burning sensation
- Edema



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Toxicity: None known ^[2]

Interaction of Tamarind with drugs:

NSAIDS (Ibuprofen/ aspirin/ naproxen), anticoagulants (warfarin/ heparin), antiplatelet (clopidogrel), *Gingko biloba* - increased risk of bleeding

Hypoglycemic in diabetic patients - hypoglycemia

Research:

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