



**BOTANICAL NAME-**

*Terminalia catappa*

**ENGLISH NAME-** Almond

**HINDI NAME-** Badam

**FAMILY-** Rosaceae

## **DESCRIPTION :**

- ❖ Almond is a deciduous tree ranging in height from four to ten metres with a trunk diameter of up to 30 centimetres.
- ❖ Bark blackish, rough
- ❖ Leaves narrow, finely toothed; base tapering, pointy tip
- ❖ Flowers pink or pale rose; fading to white; often in pairs, appearing before the leaves; 5 petals with pink stamen.
- ❖ Fruit grey green, with a downy coat; fleshy leathery; a hard pitted stone at the centre, containing the almond.

## **USES :**

- ❖ Enhances the digestive system's health.
- ❖ Works as a supplement to meet nutritional needs during pregnancy.
- ❖ Enhances the workings of the brain.
- ❖ Helps in moisturising the skin.
- ❖ Reduces blood levels of cholesterol.
- ❖ Helps maintain a healthy heart.
- ❖ Maintains a normal level of blood pressure.
- ❖ Suitable for a diabetic diet.
- ❖ Provides relief from constipation.