

Jambul (*Eugenia jambolana*)

Common Names: Jambolan flowers, black plum, jambul, rose apple, syzygium cumini, java plum.

Location: This herb can be found in Australia and Asia.

Description: The leaves, bark and seed of this herb are used for medicinal purposes.

Properties: This herb helps to improve overall toning in the tissue and is used to regulate the digestive system.

Uses: This herb can be used to treat diabetes, cancer, high blood sugar, and digestive ailments.

Doses: According to the author of *Prescriptions for Herbal Healing* (2002), you should “Add jambul seeds to cooking daily. Ayurvedic medicine teaches that jambul is synergistic with okra; when okra and jambul are eaten together, jambul’s blood-sugar lowering action is intensified.”