



BLDEA's
SSM College of Pharmacy and Research Centre,
VIAJAYAPUR-586103,



ALMOND

Prunus dulcis



Scientific Name: *Prunus dulcis*

Order: Rosales

Family: Rosaceae

Parts used: Almond fruit consists of three or correctly four portions: kernel or meat, middle shell, outer green shell cover or almond hull and a thin leathery layer known as brown skin of meat or seedcoat. The nutritional importance of almond fruit is related to its kernel.

Active constituents: Alkaloids, celluloses flavanoids, lignins, pentosans, saponins, sterols, tannins, triterpenoids and ashes are the major chemical composition of Indian almond (*Terminalis catappa* L.) dried leave

Uses: Almonds prevent cardiovascular disease and heart attacks, Almonds maintain a healthy brain function, Almonds improve the skin health, Almonds prevent diabetes, Almonds prevent weight gain and overeating, Almonds increase the nutrient absorption, Almonds ensure digestive system's health, Almonds prevent inflammation and can fight cancer, Almonds are alkaline food.

Morphology: Almond tree leaves are quite big, usually 15 to 25 centimetres long and 10 to 15 centimetres broad (6-10 inches long and 4-5.5 inches broad). They are thick and leathery with an ovoid shape and sport a glossy dark green colour. ... Tannin and a black dye can be extracted from the leaves.

T.S of Almond Fruit

