



SRI SIVANI COLLEGE OF PHARMACY

(Under the Management of Sri Sivani Educational Society, Srikakulam)
(Estd.2007, Approved by PCI-New Delhi and Affiliated to JNTU, Gurajada-Vizianagaram)
N.H-16, Chilakapalem Jn., Etcherla Mandal, Srikakulam Dist - 532402.

MANGO TREE

BOTINICAL NAME: *MANGIFERA INDICA*

FAMILY: Anacardiaceous

SYNONYMS:

ENGLISH: Mango

HINDI: Aam

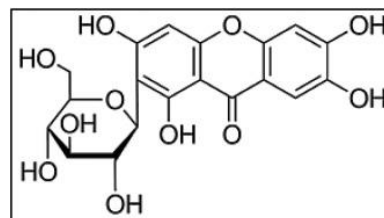
TAMIL: Mankani

TELUGU: Mamidi



CHEMICAL CONSTITUENTS:

- ❖ 90% moisture, 8.8% carbohydrate, 0.7% protein, 0.1 fat, 0.02% P, 0.01% Ca, 4.5 mg /100mg/100g Fe, 6.3-20.2 mg /100g carotene as vitamin A, 30mg/100g riboflavin and 3 mg/100g ascorbic acid.
- ❖ Lysine, leucine, cysteine, valine, arginine, phenylalanine, and methionine
- ❖ The lipid composition increases during ripening, particularly the omega-3 and Omega-6 fatty acids.



USES:

- ❖ Diabetes medication
- ❖ *Improve skin health.*
- ❖ High in *antioxidants.*
- ❖ While absorbing carbon dioxide, producing oxygen, and supporting the livelihoods of thousands of workers.
- ❖ Support Eye Health.
- ❖ Boost the Immune System
- ❖ Vitamins, minerals, and antioxidants in mangoes can provide important health benefits.
- ❖ Vitamin K helps your blood clot effectively and helps prevent anaemia.
- ❖ It also plays an important role in strengthening your bones.
- ❖ May have anti-inflammatory properties.