



VALUE ADDED PRODUCTS AND MEDICINAL PROPERTIES OF JAMUN

Kripa Sharen GJ^{1*}, C Venkatesh²

¹UG Scholar, ²Assistant Professor J. K. K. Munirajah College of Agricultural Science, T. N. Palayam, Gobi, Erode 638 506

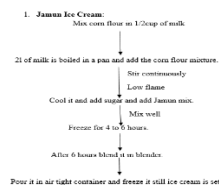
*e-mail: kripasharen@gmail.com

INTRODUCTION

Jamun (*Syzygium cuminii. L*), a cherished fruit. It is a juicy fruit which is famous for its unique taste. It is a highly like fruit not only for its taste but also for its abundant health benefits and versatile applications. It is a common refreshing fruit mainly in summer season. It is known in many names like Java plum, Indian blackberry, Naavar Pazham etc., Jamun is used in Ayurveda medicines. Fruits are mostly eaten raw. As Jamun is a highly perishable one value addition is common. The common products from Jamun are jelly, jam, juice, ice creams, wine etc., Jamun seed has many health benefits. Jamun tree as a whole is considered as miracle tree as its all parts have different health benefits. In this modern world these benefits are integrated in the form of tablets or capsules.

VALUE ADDED PRODUCTS

1. Jamun Ice Cream:



2. Jamun jam

Step 1: Prepare sugar syrup of two string consistency.

Step 2: Liquid glucose is added and mixed well.

Step 3: Add Jamun pulp, cinnamon powder and clove powder and mix Well.

Step 4: cook until the mixture turns thick.

Step 5: Jam is ready, transfer the jam in sterilized jar.

3. Jamun wine

Step 1: Select best quality Jamun.

Fresh, ripen, disease free Jamus are essential. Overripen or underripe fruits should never be chosen.

Step 2: Clean the fruits.

Clean the fruit and remove the stem. Seeds can be removed for smooth wine. Removal of seeds is not a compulsory step.

Step 3: Fermentation

Release the juice by crushing it. Add water and boil it. After that cool it down and add yeast and mix well. Keep it for 21 days. Stire it once a day.

Step 4: Secondary fermentation

After 21 days, strain it. Should remove the carbon dioxide but cover the container with lid to prevent oxygen entry. Leave it for another 10 – 12 days for secondary fermentation. Sediments will settle at bottom.

Step 5: Aging

After fermentation transfer it into glass bottles and keep it for at least 6 months for better taste. Jamun wine is ready.

MEDICINAL PROPERTIES OF JAMUN

Jamun, a fruit with full of health benefits. In Ayurvedic, Unani and Chinese medicine jamun is used as medicine as it reduces the strength of pitta. Jamun is diuretic, carminative as well as anti-scorbutic. Jamun is loaded with vitamins, calcium, protein, glucose, carbohydrate etc., It is rich in fiber, iron and minerals. Jamun is considered as powerhouse of phytochemicals and polyphenol. It has many health benefits.

Jamun is useful for

- ✓ **Diabetes management**

Jamun seed powder is best for diabetes. It increases the insulin level and slow down the release of sugar into blood.

- ✓ **Healthy heart**

It was potassium which keep the heart healthy.

- ✓ **Weight loss**

Jamun is low on calories and high on fiber.

- ✓ **Radiant skin**

Detoxifies and purifies the blood.

CONCLUSION

Jamun is surely a magical tree. It is full of health benefits. As Jamun is not available through out the year and is a highly perishable fruit to preserve it for future value addition is the best way. Jelly, jam, ice cream, wine etc., can be made from it. Jamun seed powder is the best medicine for type 2 diabetes. It has anti-inflammatory and antimicrobial properties. Including Jamun in our daily diet will definitely improve our health.