

6. **Detoxification:** *Juniper* is sometimes used in detoxification practices to help cleanse the body of toxins and support kidney function.
7. **Respiratory Health:** The essential oils in juniper can be used in steam inhalations to help relieve symptoms of respiratory conditions such as coughs and bronchitis.
8. **Skin Health:** *Juniper* extracts and oils are sometimes used in topical treatments for their antiseptic and astringent properties, which can help treat minor skin infections and promote wound healing.

While juniper has various traditional uses, it's important to use it cautiously and consult with a healthcare provider before using it medicinally, especially if you are pregnant, breastfeeding, or have existing health conditions.

***Mangifera indica* L.**

Family: Anacardiaceae

Bengali/tribal name: Aam

English name: Mango

Mangifera indica, commonly known as mango, is not only a popular fruit but also has a range of medicinal uses in traditional medicine. Here are some of its medicinal values:



1. **Rich in Nutrients:** Mangoes are high in vitamins A, C, and E, as well as important minerals like potassium and magnesium. These nutrients support overall health and strengthen the immune system.
2. **Antioxidant Properties:** Mangoes are rich in antioxidants, such as polyphenols, flavonoids, and carotenoids, which help neutralize free radicals and reduce oxidative stress. This can contribute to reducing the risk of chronic diseases.

3. **Digestive Health:** Mangoes contain enzymes like amylase, which aid in the digestion of carbohydrates. They are also high in dietary fiber, which supports healthy digestion and can help prevent constipation.
4. **Anti-inflammatory Effects:** The antioxidants and other compounds in mangoes have anti-inflammatory properties. They can help reduce inflammation and may be beneficial in managing inflammatory conditions like arthritis.
5. **Skin Health:** Mangoes are often used in skincare products due to their high vitamin A content, which supports skin health and can promote a healthy complexion. Mangoes can also be used in face masks and topical treatments to hydrate and rejuvenate the skin.
6. **Eye Health:** The high vitamin A content in mangoes supports eye health and helps prevent conditions like night blindness and age-related macular degeneration.
7. **Immune System Support:** Vitamin C in mangoes boosts the immune system by stimulating the production of white blood cells and enhancing the body's ability to fight infections.
8. **Blood Sugar Regulation:** Some studies suggest that mangoes may help regulate blood sugar levels and improve insulin sensitivity, making them potentially beneficial for people with diabetes.
9. **Heart Health:** The potassium and fiber content in mangoes contribute to heart health by supporting healthy blood pressure levels and reducing cholesterol.
10. **Anti-cancer Properties:** Mangoes contain compounds that may have anti-cancer effects, including polyphenols and carotenoids, which can help inhibit the growth of cancer cells.

While mangoes offer numerous health benefits, it's best to consume them as part of a balanced diet. If you have specific health conditions or concerns, consulting with a healthcare provider is always recommended.