



Herbal Garden (Muligai Vanam)

Pomelo



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Botanical Name	:	<i>Citrus maxima</i> Merr.
Tamil Name	:	Pambalimasu
Sanskrit Name	:	Karuna
English Name	:	Pomelo

Distribution and Habitat

Citrus maxima Merr., commonly known as the pomelo or pummelo, is a large citrus fruit-bearing small tree. It belongs to the Rutaceae family. The tree can grow up to 15 meters tall, with glossy, dark green leaves and fragrant white flowers. The fruit is large, often 10-30 cm in diameter, with a thick, rough skin and



segmented, juicy pulp that ranges from pale yellow to pink or red. The plant is native to Southeast Asia, particularly in the tropical and subtropical regions.

It is widely cultivated in countries like China, India, Southeast Asia, and the Pacific Islands. The tree thrives in warm, humid climates with well-drained soil and full sun. Leaves elliptical or ovate, dark green, glossy, leathery, petiole (stem) winged. Leaves contain oil glands, giving them a fragrant aroma when crushed. Flowers small white; highly fragrant. Fruit hesperidium, large, often 10-30 cm in diameter, and globose or pear-shaped, rind thick, rough, and pebbled, with oil glands, pulp segmented, juicy, and sweet or slightly acidic. Seeds small, white; few in numbers.

Parts used: Leaves, fruit, flowers, rind, seed

Phyto-chemical constituents

Vitamin C (Ascorbic acid), riboflavin (B2), niacin (B3), pyridoxine (B6), potassium, calcium, phosphorus, magnesium, iron, zinc, copper, flavonoids (naringenin and hesperidin), phenolic acids (caffeic, chlorogenic, and ferulic acids), coumarins (limettin and auraptene), carotenoids (β -carotene, lutein, and zeaxanthin), limonoids (limonin and nomilin), citric acid, fumaric acid, malonic acid, and essential oils (D-limonene, β -pinene, and β -myrcene).

Uses

Pomelo is used in various products, such as juices, jams, and marmalades. Fruit extracts and essential oils are used in skincare and aromatherapy products. Peel and seeds used as natural insect repellents.

Medicinal uses



The plant is used as a main component for production of a number of medicines and food supplements for physical rejuvenation, therapy for the conditions affecting liver, kidney, cardiovascular system and immune systems. Also it is used as a folk medicine for increased muscle strength and in treatments of urinary infections, heart diseases and cough (Meiyanto et al. 2012). Leaves used to treat epilepsy, chorea, and whooping cough. Flowers used as a mild sedative. Fruit

used to treat digestive issues, fever, and respiratory problems. Rind used to alleviate indigestion, bloating, and abdominal colic pain. Seeds used to treat cough, indigestion, and low back pain. The whole plant helps protect against infections and oxidative stress. It has many medicinal qualities to improve taste and appetite, aphrodisiac properties, relieves burning sensations, supports cardiac health and aids in managing diabetes and cholesterol levels. Fruit is rich in vitamin C, which boosts the immune system, helps protect against oxidative stress and chronic diseases, exhibits antibacterial and antifungal properties, supports heart health by lowering cholesterol levels, reduce inflammation and improve overall health (Sharma et al. 2024). Overall, *Citrus maxima* is a versatile fruit with various uses, ranging from culinary and medicinal to cosmetic and industrial applications.

