Aamra	
Hindi Name	Ām, Aam
English Name	Mango
Scientific Name & Family	*Mangifera indica* L.; Family – Anacardiaceae
Part Used	Fruit (ripe & unripe), Seed kernel, Bark, Leaves
Main Synonyms	Rasal, Sahakāra, Chūta, Madhudoot, Pikvallava
External Morphology	Large evergreen tree; bark dark grey to brown, rough; leaves simple, lanceolate, glossy, reddish when young; small yellowish-white flowers in large terminal panicles; fruit a large drupe, green to yellow/orange when ripe
Rasapanchaka & Dosha-Karma	Guna: Guru, Snigdha (ripe fruit); Rasa: Madhura, Amla (ripe); Kaṣāya, Amla (unripe); Vipāka: Madhura Vīrya: Śīta (ripe), Uṣṇa (unripe); Doṣa-karma: Vāta-Pitta samak (ripe)
Active Phytoconstituents	Mangiferin, tannins, flavonoids, carotenoids, vitamins A & C
Pharmacological Actions	Bṛṃhaṇa, vṛṣya, rucikara, grahī (seed), dīpana (unripe fruit)
Important Formulations	Āmrapanak, Āmra chūrṇa
Dose	Fruit pulp: 50–100 g; Seed kernel chūrṇa: 1–3 g
To be Noted	Ripe mango is nutritive and strengthening; unripe fruit increases Pitta and may cause āmlapitta if overused

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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