



## Don't Throw Them Away– Shocking Health Benefits of Mango Leaves

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Mango leaves, botanically classified as *Mangifera indica*, are the foliage of an evergreen tree belonging to the Anacardiaceae family. The leaves grow on large trees that can reach 15 to 30 meters in height and thrive in tropical to subtropical regions worldwide. Mango leaves are generally harvested when young and small, around 8 centimeters in diameter and 25 centimeters in length. If left to mature on the tree, they can grow to be much larger in size. The oblong to lanceolate-shaped leaves are pointed at both ends and have a smooth and glossy appearance, showcasing light green veining. Young Mango leaves are pliable, tender, and succulent when raw, bearing variegated purple-red and green hues. Mature Mango leaves will become dark green, developing a tough and somewhat chewy consistency. Mango leaves can be consumed raw or cooked and have a fresh, vegetal, and green flavor with faint turpentine-like nuances. The leaves also emit a scent reminiscent of turpentine when crushed.

Mango leaves are a source of vitamin C to strengthen the immune system, vitamin E to protect the cells against free radical damage, and vitamin A to maintain healthy organ functioning. The leaves also provide calcium and phosphorus to build strong bones and teeth, potassium to balance fluid levels within the body, and other nutrients, including iron, magnesium, B vitamins, and nitrogen. In addition to vitamins and minerals, Mango leaves contain antioxidants such as terpenoids and polyphenols such as mangiferin that act as an anti-inflammatory. Mango leaves have been used for thousands of years in Indian Ayurvedic medicine. The leaves may be burnt, and fumes inhaled to cure hiccups and sore throats. The ash collected from the burnt leaves is also used to cover skin wounds. The leaves are traditionally served as tea or ground into a powder for use as a supplement. Mango leaf tea can be gargled as a mouthwash, and the fresh leaves can be placed in baths to help reduce anxiety and stress.

### How to make mango-leaves tea?

- Take fresh and bright mango leaves or even baby leaves around 10 to 15 and wash them.
- Chop the leaves and cut them into small pieces.
- Add those pieces to the tea infuser with some honey.
- Add boiled water to the infuser and cover it. Let the leaves steep for around 10 minutes.
- Remove the infuser and pour the water into a cup or glass.

**One of the most common ways to consume them is in tea:** To prepare your own mango leaf tea at home, boil 10–15 fresh mango leaves in 2/3 cups (150 mL) of water. If fresh leaves aren't available, you can purchase mango leaf tea bags and loose leaf tea.

### Nutritionals value of mango leaves

Mango leaves are rich in vitamins like vitamin C, vitamin A, and vitamin B. It contains other compounds like steroids, alkaloids, riboflavin, Thiamin, phenolic, beta-carotene, flavonoids,

etc. Mango leaves are rich in terpenoids and polyphenols, which are plant compounds that protect against disease and fight inflammation in your body.



## Health benefits of mango leaves

Mango leaves are versatile. Their health benefits are essential for our health.



**1. Supports skin health:** Mango leaves contain all nutrients that are essential for skin health. Mango leaf extract may reduce the fine lines, ageing signs and dryness of the skin. It also helps in collagen production that may reduce the wrinkles and fine lines from the face.

Mango leaves have antibacterial properties that help treat bacterial skin infections such as staph infections and skin burns. The mango leaves contain essential properties and nutrients that help to heal the burns and scalds on the skin. Anthocyanin present in mango leaves provides instant relief from burns.

**How to use** – For instant results, take some mango leaves and burn them. Then take the ash from the leaves and apply it to the burns.

**2. Excellent for hair problems:** Using mango leaves for hair growth is an ancient technique to grow hair rapidly. The leaves are rich in nutrients like Vitamin C and A, which boosts the production of collagen that is important for healthy hair. It gives a shine to your dull hair. When you have chemically damaged hair, mango leaves come for rescue. The flavonoids present in the mango leaves can colour the hair black naturally.

**How to use** – make a fine paste from fresh mango leaves. Apply the paste on the hair and wash your hair after around 15 minutes with water.

**3. Balance the blood sugar level:** Mango leaves are excellent in balancing blood sugar levels in diabetic patients. Those leaves contain tannins called anthocyanidins that may help in treating early diabetes. It also contains 3beta taraxerol and ethyl acetate, which help treat hyperglycemia (increased blood sugar levels).

**How to use** – You can boil the 10-15 mango leaves in a cup of water. Then leave the water overnight to cool and drink it on an empty stomach in the morning.

**4. Manage high blood pressure:** Mango leaves have hypotensive properties that mean it helps reduce blood pressure. The leaves make the blood vessels strong and healthy. Mango leaves are an effective remedy for varicose veins.

**How to use** – Mango leaves tea can help treat hypertension.

**5. Treat gall and kidney stones:** Mango leaves powder is used to treat gall stones and kidney stones. **It helps breakdown the kidney stones** and throw them out of your body through urination. The leaves are the best form for removing harmful toxins from the body.

**How to use** – Take some mango leaves and dry them. Powder them and mix them in water. Keep the water overnight and drink it on an empty stomach every morning.

**6. May treat stomach ulcers and hiccups:** Mango leaves were beneficial to aid stomach ulcers and hiccups from ancient times. Sometimes hiccups are stubborn that it is difficult to stop. In this scenario, mango leaves works magically.

**How to use** – Burn some mango leaves & inhale the smoke. It will help in reducing hiccups. You can also drink warm water with mango leaves daily would be beneficial for stomach ulcers.

**7. May help with weight loss:** Studies have shown that mango leaves help with reducing obesity by reducing the level of fat deposits in the body. It may even help in managing diabetes and this could lead to a high metabolic rate which will prevent you from gaining weight.

**How to use** – Prepare a mango leaf tea by boiling a handful of leaves in 150ml of water. You can also use mango leaf powder or extract if fresh leaves are not easily available.

**8. Cures respiratory problems:** Mango leaves are good for all kinds of respiratory problems. It is especially useful for people suffering from cold, bronchitis and asthma. Drinking a decoction made by boiling mango leaves in water with a little honey helps to cure cough effectively. It also helps in curing voice loss.

**9. Treats dysentery:** Mango leaves help in treating bleeding dysentery. Mango leaves dried in a shade should be powdered and then taken with water two to three times a day to stop dysentery.

**10. Remedy for ear aches:** Ear ache can be quite painful and frustrating. Using mangoes leaves as home remedy provides good relief. A teaspoon of juice extracted from mango leaves works as an effective ear drop and pain killer. Heat the juice slightly before using it.

**11. Heals burns:** The simplest remedy for healing painful burns is to apply mango leaf ashes to the wounded area. This soothes the skin and brings relief.

**12. Fights restlessness:** For people suffering from restlessness due to anxiety, the mango leaves can be a good home remedy. Add few mango leaves to your bath water. This helps in relaxing and refreshing your body.

## Conclusion

Mango leaves are a potential source of cost effective food supplements and nutritive ingredients for improving human health and curing acute and chronic diseases. Mango leaves leaves has been used successfully, more clinical trials should be conducted to support its therapeutic use.