



**A REVIEW ON NUTRITIONAL COMPOSITION AND  
PHARMACOLOGICAL EFFECTS OF GUAVA; (*Psidium Guajava* L.)**

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<https://doi.org/10.34302/crpjfst/2024.16.1.12>

**Article history:**

**Received:** May 12<sup>th</sup>, 2023

**Accepted:** February 21<sup>st</sup>, 2024

**Keywords:**

*Antioxidant activity;*

*Anticancer property;*

*Health benefits;*

*Nutritional composition.*

**ABSTRACT**

*Psidium guajava* L. (*Psidium guajava*) is well known fruit for its nutritional and medicinal uses, knowing as *super fruit* attributable to its promising dietary significance. *Psidium guajava* fruit, leaves, seeds and bark exhibits various chemical constituents including  $\beta$ -carotene, ascorbic acid, Flavonoids, Guajavarin, Guajivolic acid, Galangin, Tannins, linoleic acid, linolenic acid, carofenoid. *Psidium guajava* is used as ethnomedicine for Curing wounds, lowering blood glucose level, treating ulcer, curing tooth pain, diarrhea, treating digestive problems, gastroenteritis, dysentery, rheumatic pain around the world. Leaves and fruits of *Psidium guajava* have promising pharmacological effects such as antioxidant, anticancer, antidiabetic and anti-inflammatory, aiding its ethnomedicinal uses.