

*Prunus avium* L



Synonym

*Cerasus avium* (L.) Moench, *Prunus cerasus* var. *avium*

Family

Rosaceae

Distribution

Europe, Western Asia, Parts of North Africa, North America (USA, Canada), South America (Chile, Argentina)

Chemical constituents

Flavonoids (quercetin, kaempferol), Hydroxycinnamic acids Vitamin C, Melatonin (in small amounts), Sugars (glucose, fructose), Organic acids (malic, citric)

Plant part used

Fruit, bark, leaves, seeds, gum, wood

Uses

used in arthritis and gout, Mild laxative effect, Sedative effect (due to melatonin content), Antitussive (used in cough syrups), Astringent, Used in decoctions for bronchitis, colds