

Heimang

February 1, 2023 • vajiramandravi.com



Key facts about Heimang

- The Heimang tree grows widely in **Manipur and other north-eastern regions**
- Its fruit have a citrus-like tartness and, it is packed with nutrients such as **polyphenols, flavonoids, and antioxidants.**
- Traditional healers of Manipur called Maibas or maibis, prescribe heimang for common **gastrointestinal problems** like diarrhoea and dysentery.
- It is also recommended to eat water-soaked fruit for indigestion and stomach ulcer.
- The research found that compounds isolated from the stem of the heimang tree can significantly suppress **HIV-1 activity in vitro.**
- Local communities in the state also use heimang leaves to prepare a herbal shampoo called chinghi by boiling them with rice water.

Q1:)What are Flavonoids?

Flavonoids, a group of natural substances with variable phenolic structures, are found in fruits, vegetables, grains, bark, roots, stems, flowers, tea and wine.

Source: [Savour the tang: Manipur's heimang is a versatile ingredient in Asian cuisines and packs a nutritional punch.](#)

Source: <https://vajiramandravi.com/current-affairs/heimang/>

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