

## BANANA TREE



1. **Name:** Banana Tree
2. **Scientific Name:** *Musa paradisiaca* Linn
3. **Vernacular Names:** Kela, amrit, bale gida, kadali, kel, valakkai, palam, etavale, ettakaya, kadamam, darakhte, batisa, bontarati.
4. **Age:** 6 years
5. **Season:** March - May
6. **Medicinal Uses:** All parts of the banana plant have medicinal applications: the flowers in bronchitis and dysentery and on ulcers; the astringent plant sap in cases of hysteria, epilepsy, leprosy, fevers, haemorrhages, acute dysentery and diarrhoea, skin afflictions; the astringent ashes of the unripe peel Antifungal and antibiotic principles are found in the peel and pulp of fully ripe bananas.
7. **Chemical Constituents:** The ripened fruit of Banana contains about 22% sugar, starch, albuminoid, Vitamin C, B and A.
8. **Description:** The **banana plant** is a gigantic herb that springs from an underground stem, or rhizome, to form a false trunk 3–6 meters (10–20 feet) high.
9. **Most Favorable Location:** They are native to the tropical region of southeast Asia.
10. **Therapeutic Uses:**
11. **Nutritious Value:** The nutrition facts for 1 medium-sized banana (100 grams) are:



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- **Calories:** 89
- **Water:** 75%
- **Protein:** 1.1 grams
- **Carbs:** 22.8 grams
- **Sugar:** 12.2 grams
- **Fiber:** 2.6 grams
- **Fat:** 0.3 grams

**12. Religious and Cultural Context:** In India, bananas serve a prominent part in many festivals and occasions of Hindus. In South Indian weddings, particularly Tamil weddings, banana trees are tied in pairs. In Malay folklore, the ghost known as Pontianak is associated with banana plants (*pokok pisang*), and its spirit is said to reside in them during the day.

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