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## Litsea glutinosa pdf

### Benefits of litsea.

Species of tree *Litsea glutinosa* *Litsea glutinosa* in Vietnam Conservation status Least Concern (IUCN 3.1)[1][1] Scientific classification Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Magnoliids Order: Laurales Family: Lauraceae Genus: *Litsea* Species: *L. glutinosa* Binomial name *Litsea glutinosa*(Lour.) C.B.Rob.[2] Synonyms[3] *Litsea sebifera* Pers. *Sebifera glutinosa* Lour. *Litsea glutinosa* is a rainforest tree in the laurel family, Lauraceae. Common names include soft bollygum, bolly beech, Bollywood, bollygum, brown bollygum, brown Bollywood, sycamore and brown beech.[2][4] The powdered bark, known as jigat, may be used as an adhesive paste in incense stick production.[5] Distribution This species is native to India, South China to Malaysia, Philippines,[6] Australia and the western Pacific islands. It had been introduced to La Réunion, Mauritius, Mayotte and New Caledonia where it is considered an invasive species.[7] References ^ de Kok, R. (2021). "Litsea glutinosa". IUCN Red List of Threatened Species. 2021. e.T145824211A153621601. Retrieved 23 January 2023. ^ a b "Litsea glutinosa (Lour.) C.B.Rob.". Australian Plant Name Index (APNI), IBIS database. Centre for Plant Biodiversity Research, Australian Government. ^ "Litsea glutinosa (Lour.) C.B.Rob.". World Checklist of Selected Plant Families. Royal Botanic Gardens, Kew. Retrieved 9 March 2014 - via The Plant List. Note that this website has been superseded by World Flora Online ^ F.A. Zich; B.P.M Hyland; T. Whiffen; R.A. Kerrigan (2020). "Litsea glutinosa". Australian Tropical Rainforest Plants, Edition 8. Commonwealth Scientific and Industrial Research Organisation (CSIRO). Retrieved 24 March 2021. ^ Jonathan Mitchell, Christopher Coles (2011). Markets and Rural Poverty: Upgrading in Value Chains. IDRC. p. 50. ISBN 9781849713139. Retrieved 4 August 2013. ^ E.S. FERNANDO. CHECKLIST OF SPECIES IN FBS 21 (TAXONOMY OF FOREST PLANTS). University of the Philippines – Los Baños. 12th revised and updated edition. 24 June 2007. ^ www.iass.org Global Invasive Species Database Retrieved from " Species of plant *Litsea garciae* Young *Litsea garciae* tree at the Fairchild Tropical Botanic Garden, Miami, Florida Conservation status Least Concern (IUCN 3.1)[1][1] Scientific classification Kingdom: Plantae Clade: Tracheophytes Clade: Angiosperms Clade: Magnoliids Order: Laurales Family: Lauraceae Genus: *Litsea* Species: *L. garciae* Binomial name *Litsea garciae*Vidal, 1886 Synonyms *Cylicodaphne garciae* (Vidal) Nakai *Lepidadenia kawakami* (Hayata) Masam. *Litsea griseola* Elmer *Litsea kawakami* Hayata *Tetradenia kawakami* (Hayata) Nemoto ex Makino & Nemoto *Litsea garciae*, also known as engkala, engkalak, kalangkala, kangkala, medang, pangalaban, ta'ang, malai, wuru lilin, kelimah, bua talai, kelime, kelimie, bua' vengolobon, wi lahal, kelima, mali, beva' mali, kayu mali, malei, pengalaban, pengolaban, kupa, pipi, bagnolo, bangulo,[2] lan yu mu jiang zi, lan yu mu, buah tebuluh, tebulus, pong labon, and Borneo avocado, is a flowering tree in the family Lauraceae.[3] *Litsea garciae* fruit, rawVitaminsQuantity %DV†Vitamin C4% 3.4 mg MineralsQuantity %DV†Calcium1% 7 mgCopper13% 0.26 mgIron4% 0.5 mgMagnesium5% 17 mgManganese24% 0.5 mgPhosphorus4% 26 mgPotassium8% 355 mgZinc13% 1.2 mg Units µg = micrograms • mg = milligrams IU = International units †Percentages are roughly approximated using US recommendations for adults. *Litsea garciae* is native to Taiwan, the Philippines, Brunei, Malaysia, and Indonesia, specifically to Peninsular Malaysia and the islands of Borneo, Sumatra, Java, and Sulawesi.[4] It is generally believed to have originated in the Philippines, although some botanists believe it originated in Borneo.[5] It grows wild in evergreen, broad-leaved forests and in disturbed, open sites up to 200 meters (656 feet) in elevation. It is often found along rivers and on hillsides with sandy to clay soils, and prefers partly shady positions.[6] Description Fruits of *Litsea Garciae* *Litsea garciae* is a sub-canopy, medium to large evergreen tree which grows 10-26 meters (32-85 feet) in height. The trunk can reach 60 centimeters (23 inches) in diameter.[6] The dark green leaves are simple and alternately arranged and are lanceolate-ovate or lanceolate-obovate in shape. They are glabrous and measure 25-40 centimeters (10-16 inches) in length and 6-15 centimeters (2-6 inches) in width. They droop slightly from the branches. The flowers are small and yellow-white in color. The flower head measures 15 millimeters in diameter. The fruit is oblate to globose in shape and measures 2.2-3 centimeters (0.8-1 inches) in height and 2.5-4.5 centimeters (1-2 inches) in diameter. It is edible and has a milky, avocado-like flavor. When unripe, the skin is a pale whitish-green, and when ripe is pink to red in color. The inner flesh is soft and white in color, sometimes with a greenish tint. The stem cap is large and green in color. It contains 1 large, brown seed which measures 1.5-2 centimeters (0.6-0.8 inches) in diameter.[7] The tree does not tolerate frost or temperatures below 55 F (12 C).[8] The plant bears fruit at five years of age.[9] Uses The fruit is eaten raw or cooked, and the tree is sometimes cultivated for its fruit. When eaten raw, it is rolled in the hands or hit with a spoon to cause slight bruising in order to release the flavor.[8] A popular way of eating the fruit is to submerge it in hot water for five minutes, then sprinkle it with salt. It is sometimes served steamed with rice. Unripe fruits are pickled.[9] An oil is extracted from the seed, which is used to make candles and soap. The wood is used in construction.[6] *Litsea garciae* has many medicinal uses. The Iban use the lightly burned bark to treat caterpillar stings, and use a bark poultice to treat boils. The Selako use a poultice of the leaves or shoots along with shallot and fennel seeds to cure infections and skin diseases. It is also used to treat skin burns. The Penan use a bark poultice for sprained knees, ankles, and muscular pains. Decoctions made from the bark are also used to help ailments such as blood in stools, and are mixed with durian bark to make an antidote for snakebite wounds.[3] Chemistry *Litsea garciae* fruits contain a high amount of phytochemicals, which has potential as a natural antioxidant that can contribute to human health. Phenolic and flavonoid content was highest in the stem cap, with the values of 8.29±0.70 milligrams gallic acid and 6.90±0.61 milligrams rutin, respectively. Anthocyanin content was highest in the flesh of the fruit, with the value of 4.12±0.10 milligrams cyanidin-3-glucoside. The same trend of antioxidant and phytochemical content was also found in the distilled water extract.[10] The fruit is also rich in stearic acid and contains antibacterial properties.[11] See also List of culinary fruits References ^ Rogier de Kok (formerly Royal Botanic Gardens, Kew (25 September 2019). "IUCN Red List of Threatened Species: *Litsea garciae*". IUCN Red List of Threatened Species. Retrieved 6 March 2021. ^ "Downloads Page". An ASEAN Heritage Park. 2014-11-20. Retrieved 2022-04-18. ^ a b "Engkala facts | Health Benefits". Health Benefits Times.



12 September 2016. Retrieved 6 March 2021. ^ "Litsea garciae S.Vidal". www.gbif.org. Retrieved 6 March 2021. ^ "ENKALA Litsea garciae | Fruitipedia". fruitipedia.com. Retrieved 6 March 2021. ^ a b c "Litsea garciae - Useful Tropical Plants". Useful Tropical Plants. Retrieved 6 March 2021. ^ "Engkala Facts, Health Benefits and Nutritional Value". Health Benefits Times. 12 September 2016. Retrieved 6 March 2021. ^ a b "Litsea garciae". Tropical Plant Book. Retrieved 6 March 2021. ^ a b "Engkalak". Specialty Produce. Retrieved 6 March 2021. ^ Hassan, Siti Hawa Ali; Fry, Jeffrey R.; Bakar, Mohd Fadzelly Abu (1 October 2013). "Antioxidant and phytochemical study on pengolaban (*Litsea garciae*), an edible underutilized fruit endemic to Borneo". Food Science and Biotechnology. 22 (5): 1–7. doi:10.1007/s10068-013-0202-x. ISSN 2092-6456. S2CID 85432083. ^ Kutoi, Clifford Junaidi; Khong, Heng Yen; Seruji, Nurr Maria Ulfa (March 2013). "Nutritional Content, Antioxidant and Antibacterial Activities of Litsea Garciae". The Open Conference Proceedings Journal. 4 (1): 115. doi:10.2174/2210289201304010115. Retrieved 6 March 2021. Retrieved from "