

***Prunus mira* Koehne**

Family: Rosaceae

Common names: Behmi

Part Used: Fruit, kernels



Fig. *Prunus mira*

Description:

Prunus mira is a deciduous tree grows wild in the dry temperate region of the Western Himalayas at an altitude between 2500 to 3000 m. Leaves are lanceolate to ovate-lanceolate in shape. Leaves are 5-11 cm long. Flowers are born solitary. Fruit is drupe and is sub globose in shape.

Utilization:

Fruits are eaten though they are bit sour in taste. These are sun dried for making hard alcoholic liquor that is quite popular with local tribesmen. Sweet kernels are eaten and added in sweet dishes as a substitute for almonds. Oil is also extracted from kernels. Oil is used for cooking as well as hair oil. A message with behmi oil is recommended for patients suffering from disorders of joints.