

Phoenix dactylifera

Scientific classification

Kingdom	: Plantae
Clade	: Angiosperms
Clade	: Monocots
Order	: Arecales
Family	: Arecaceae
Genus	: <i>Phoenix</i>
Species	: <i>P. dactylifera</i>



Phoenix dactylifera

Description

Phoenix dactylifera, commonly known as **date** or **date palm**, is a flowering plant species in the palm family, Arecaceae, cultivated for its edible sweet fruit. Although its exact place of origin is uncertain because of long cultivation, the Middle East, the Horn of Africa and South Asia, and is naturalized in many tropical and subtropical regions worldwide. *P. dactylifera* is the type species of genus *Phoenix*, which contains 12–19 species of wild date palms, and is the major source of commercial production.

Date trees typically reach about 21–23 metres (69–75 ft) in height, growing singly or forming a clump with several stems from a single root system. Date fruits (dates) are oval-cylindrical, 3 to 7 centimetres (1.2 to 2.8 in) long, and about 2.5 centimetres (0.98 in) in diameter, ranging from bright red to bright yellow in colour, depending on variety. At about 61-68 percent sugar by mass when dried, dates are a very sweet fruit.

Medicinal uses

- Date fruits are demulcent, expectorant and laxative. They are used to treat respiratory diseases and fevers.
- The tree yields a gum that is used in treating diarrhea.
- Fresh juice is cooling and laxative; gum useful in treatment of **diarrhea** and diseases of gentio-urinary system.
- Fruit is deculcent, expectorant, anti-scorbutic, nutrient, laxative, aphrodisiac, and is prescribed in **asthma**, chest complaints and cough, **fever**, and gonorrhea