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Review Article

***Tamarindus indica*: A Comprehensive Review of its Phytochemistry, Biological Activities, and Therapeutic Potential**

Atir Ahsan*, Arvind Kumar Srivastava, Raj Keshwar Prasad, Kuldeep Singh

Shambhunath Institute of Pharmacy, Jhalwa, Prayagraj, Uttar Pradesh, India.

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ABSTRACT

Tamarindus indica L., commonly known as tamarind, is a subtropical, multipurpose fruit tree of significant global importance, traditionally has applications in food, medicine, and industry. This review provides a current scientific knowledge regarding its botanical characteristics, traditional uses, and, critically, its intricate phytochemical composition across various plant parts, including the pulp, leaves, seeds, bark, and flowers. A detailed examination of its wide spectrum of biological activities is presented, encompassing antioxidant, anti-inflammatory, antimicrobial, antidiabetic, hepatoprotective, cardioprotective, anticancer, and wound healing properties. The report further elucidates the underlying mechanisms of action for these therapeutic effects, discusses considerations for the bioavailability and metabolism of its active compounds, and assesses its safety profile. By integrating traditional wisdom with modern scientific validation, this review highlights the immense therapeutic potential of *T. indica* and identifies key research gaps that permit further investigation to facilitate its value in pharmaceuticals, nutraceuticals, and functional foods.

INTRODUCTION

Tamarindus indica L., a famous and incredibly versatile tree, has been valued for ages by people from many civilisations and has been dubbed the "tree of life" because of its many uses. From its beginnings as a mainstay in traditional medicine and a delectable food to its current uses in a variety of sectors, the tamarind tree has a wealth of

naturally occurring substances with significant biological value. The goal of this review is to compile the vast amount of research on *T. indica* by giving a thorough description of its chemical components and the various biological activities that have been linked to them.

1.1. Botanical Classification, Origin, and Global Distribution

***Corresponding Author:** Atir Ahsan

Address: Shambhunath Institute of Pharmacy, Jhalwa, Prayagraj, Uttar Pradesh, India.

Email ✉: atirahsan0402@gmail.com

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The tamarind, or *Tamarindus indica* L., is a subtropical, multipurpose fruit tree that is taxonomically categorised as a member of the Caesalpinaceae subfamily of the Fabaceae (Leguminosae) family.[1] With a broad, spreading crown up to 12 meters in circumference, this huge evergreen tree can reach astounding heights of 10 to 30 meters and is a great provider of shade.[1]

Although the plant's specific name, "indica," may imply that it originated in India, it is actually indigenous to the arid regions of tropical East Africa, especially central Sudan in West Africa.[2] The plant's exceptional ecological tolerance and extensive human-mediated introductions are responsible for its enormous global distribution throughout Asia, Africa, and the Neotropics.[1] Because of its remarkable resistance to a variety of climatic factors, including as drought, high winds, salt spray in coastal areas, and poor soil types, *T. indica* has been able to successfully establish itself in a variety of climates.[1] Although its innate resilience adds to its widespread use and usefulness worldwide, it also creates a complicated ecological dynamic. Since its introduction, *T. indica* has become regarded as an invasive plant of environmental concern in many areas.[1]

Because of their deep canopies and strong growth, tamarind trees severely restrict light penetration into the understory, which inhibits the germination, growth, and regeneration of native plant species. Additionally, *T. indica* is known to be an allelopathic species, which means that its leaves, bark, and seeds emit chemicals that are biologically active and actively prevent other plants from growing nearby.[1] The local ecosystem can be further impacted by these allelochemicals' ability to change the microbial activity and nutrient composition of the soil. The necessity for balanced management measures in

locations where it has naturalised is highlighted by its dual character, which is advantageous for human use but may also disturb native plants. However, research into these allelochemicals may pave the way for their use as herbicides or natural growth regulators, turning an ecological problem into a possible asset.



The relationship between plant dispersal and human activities is further elucidated by the historical trajectory of *T. indica*. Historical records indicate that it was cultivated as early as the fourth century BCE in the eastern Mediterranean, highlighting its lengthy history of human dispersal and trade.[9] The Arabic term "Tamar-u'l-Hind" which means "Indian date," is where the common name "tamarind" originates. Arab sea traders in India came up with this term.[9] This particular epithet's historical link with India, despite its African origins, clarifies how trade routes and cultural adoption can influence a species' supposed native range, frequently resulting in pervasive botanical errors. A better appreciation of this historical background enhances current scientific knowledge of *T. indica* globe travels and profound societal integration.



1.2. Traditional Uses and Ethnobotanical Significance

Tamarindus indica, known as the "tree of life," has a rich ethnobotanical history, its applications in the eastern Mediterranean date back to the fourth century BCE.[9] Almost every aspect of this amazing tree has nutritional, therapeutic, or commercial value, making it a cornerstone of traditional traditions.[1]

Food and Beverage Applications: Tamarind fruit pulp is widely used as a flavoring agent in global cuisines, featuring in soups, chutneys, curries, jams, and sauces like Worcestershire and barbecue sauce.[1] It is also processed into syrups, juices, wines, and sweets.[9] The pulp is rich in sugars (up to 82.72 g/100g DM) and tartaric acid (about 18.40 g/100g DM), giving it a distinct sweet-sour taste.[3] Additionally, tamarind leaves and flowers are consumed as vegetables in some cultures.[2]

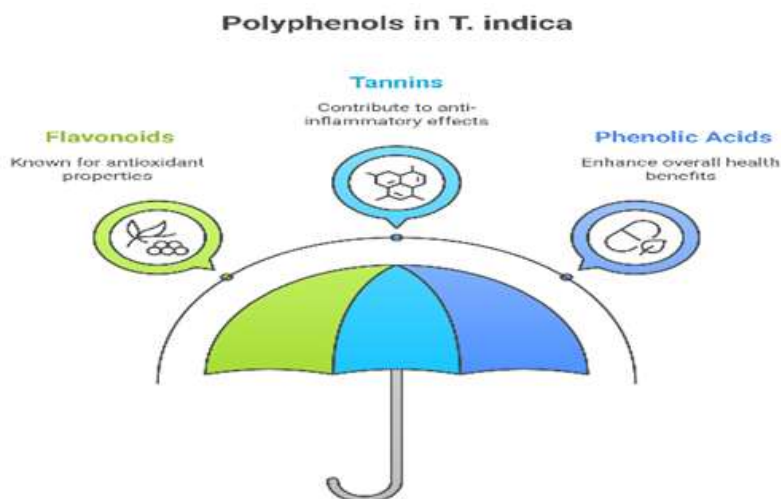
Medicinal Applications: *Tamarindus indica* is widely used in traditional medicine systems such as Ayurvedic, African, Indian, Sudanese, Nigerian, Bangladeshi, Thai, Caribbean, and Mexican.[2] Traditionally, it treats colds, fever, stomach issues, inflammation, and constipation, and is widely used as a digestive aid.[2] Traditional uses differ by region and plant part: the fruit pulp is used as an antipyretic, laxative, and blood tonic; leaves have anti-helminthic and vermifuge properties; seeds possess antidiabetic, anti-snake venom, and liver-protective effects. Additionally, *T. indica* is traditionally used as an antiseptic, for wound healing, sore throat relief,

and to treat sunstroke, *Datura* toxicity, and alcohol intoxication.[9]

Other Uses: *Tamarindus indica* has many uses beyond food and medicine. Its hard timber is valued for furniture, tool handles, fuelwood, and charcoal. Ecologically, it provides shade, acts as a windbreak, and helps prevent soil erosion. The leaves and flowers are used as mordants in dyeing, while seeds produce oil for lighting and varnishing. Tamarind seed polysaccharides, especially xyloglucan, find applications in culinary, pharmaceutical, and textile industries due to their mucoadhesive properties. This highlights *T. indica* as a versatile agroforestry species with significant economic and environmental value.[9]

2. Phytochemical Profile of *Tamarindus indica*

Following Thailand, India is the largest grower and exporter of *Tamarindus indica* to North America and Europe. Worldwide, but especially in Asia, *Tamarindus indica* has a substantial economic impact. But although tamarind is a highly valuable cash crop in Asia, it is still underutilised in Africa, suggesting a significant untapped market. In countries like Benin, the focus is on promoting domestication and commercialisation to improve food security and rural livelihoods. Maximising tamarind's production, processing, and market development in these areas will enable it to reach its full economic potential, supporting sustainable development and the battle against poverty.



2.1. Overview of Major Compound Classes

Tamarindus indica, which contains a variety of phytochemicals, vitamins, and vital amino acids in all of its sections, is well known for its nutritional and medicinal value. Polyphenols, which are found in pulp, seeds, leaves, and bark and are known to have anti-inflammatory and antioxidant properties, are important bioactive groups. These include flavonoids, tannins, and phenolic acids. Alkaloids and saponins, which are present in pulp, bark, leaves, and seeds, are involved in a variety of biological processes. While glycosides found in the bark, leaves, and seeds are linked to pharmacological actions, terpenoids found in the leaves, pulp, and flowers improve scent and therapeutic value. A plant's profile is further enhanced by fatty acids, which are abundant in seed oil, pulp, and leaves.[13] Peptides such as xyloglucan, mucilage, and gum are abundant in seeds, while the pulp contains pectin.[4] High amounts of organic acids, especially tartaric, citric, and malic acids, are also present in the pulp.[3] Important minerals (potassium, calcium, magnesium, iron, zinc, and selenium) and vitamins (B1, B2, B3, C, and E) are well-represented.[2,3] The pulp and seeds' essential amino acids confirm its nutritional value.[2]

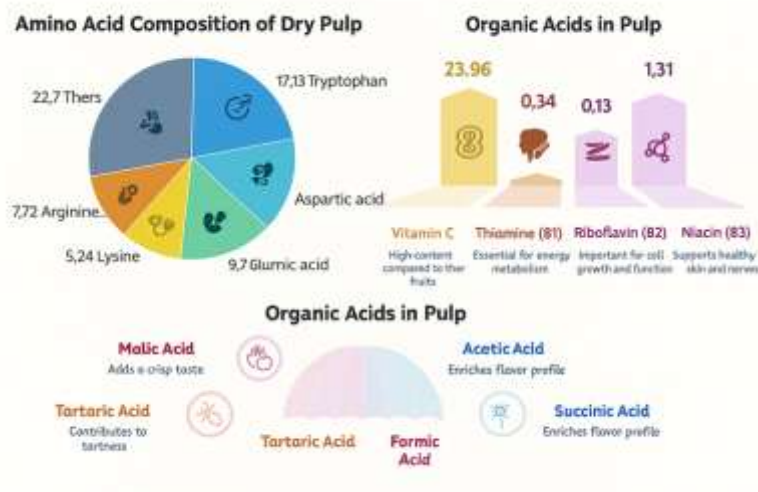
2.2. Chemical Constituents of Fruit Pulp

Tamarindus indica fruit pulp, which makes up around 55% of the fruit's weight, is the most consumed portion because of its high nutritional and medicinal value.[5] Sugars (60.99–82.72 g/100g DM), tartaric acid (18.40 g), protein (up to 10.3 g), fibre (4.98 g), water (23.79 g), and fat (up to 17.02 g) are all present in considerable concentrations.[3]

The most consumed part of *Tamarindus indica* is the fruit pulp, which accounts for about 55% of the fruit's weight and has significant nutritional and therapeutic significance. Significant amounts of sugars (60.99–82.72 g/100 g DM), tartaric acid (18.40 g), protein (up to 10.3 g), fibre (4.98 g), water (23.79 g), and fat (up to 17.02 g) are in this food.[10,16] It is a notable source of Vitamin C (23.96 mg/g DM) and B-complex vitamins including B1 (0.34 mg), B2 (0.13 mg), and B3 (1.31 mg).[3] Mineral content varies by region but includes high levels of potassium (up to 790.11 mg), calcium (675.38 mg), magnesium, phosphorus, iron, copper, manganese, and zinc.[3] The pulp also contains essential amino acids like tryptophan (17.13 g), leucine, lysine, and arginine, while the extracted oil contains up to sixteen fatty acids.[3] Phytochemical screening of pulp extracts

has identified several secondary metabolites, especially alkaloids, saponins, flavonoids, and tannins, along with lesser-known compounds such as anthocyanins and terpenoids.[3] Methanol is

commonly used for extraction, and Gas Chromatography-Mass Spectrometry (GC-MS) is applied for compound identification using spectral libraries like NIST MS 2.0.[25]



2.3. Chemical Constituents of Leaves

The leaves of *Tamarindus indica* are nutritionally rich, containing high sugars (72.38 g/100g DM), water (63.86 g), protein (19.35 g), fiber (7.98 g), lipids (6.77 g), and ash (4.97 g).[3] They are abundant in minerals like potassium (1048.55 mg), phosphorus (509.14 mg), calcium (511.69 mg), magnesium (275.73 mg), with lower sodium, zinc, and copper levels.[3] Vitamins include Vitamin C (10.72 mg), B1 (0.52 mg), B2 (0.42 mg), and B3 (9.41 mg).[3] Though amino and fatty acid data are limited, leaf oil contains 13 components, notably limonene (24.4%) and benzyl benzoate (40.6%).[11] Phytochemicals such as alkaloids, saponins, terpenoids, flavonoids, tannins, and steroids (varying by region) are commonly found.[3] Flavonoid levels are higher in dried leaves, potentially affecting mineral absorption.[3] Extraction methods include sun drying, solvent extraction (chloroform, ethanol), liquid-liquid fractionation, decoction, and hydro distillation. Analytical techniques like GC-MS, HPLC-UV, ICP-AES, and spectrophotometry are used for

compound identification and quantification. [20,21,26]

2.4. Chemical Constituents of Seeds and Kernels

Tamarindus indica seeds make up about 34% of the fruit weight, with the kernel comprising 70–75% and the seed coat 20–30%.[14] Whole seeds have variable water (2.07–11.75 g/100g DM), protein (4.45–25.16 g), ash, sugars, and fiber content beneficial for gut health.[3] Processing (soaking, roasting) reduces fiber but increases water, ash, minerals, and protein.[3] Seeds are rich in potassium (~875 mg/100g DM), phosphorus, calcium, magnesium, iron, and zinc, with processed kernels showing higher mineral levels.[3] Vitamin C is present (~41 mg/100g), and B vitamins are reported but less detailed.[3] Amino acids like phenylalanine, methionine, tryptophan, arginine, and tyrosine are well balanced in seeds, with proteins rich in various α -amino acids but low in sulfur/aromatic types.[3] Seed oil is amber, sweet, containing 15 fatty acids

dominated by linoleic (36–49%) and oleic acids, plus phytosterols like β -sitosterol.[3] Secondary metabolites include alkaloids, flavonoids, saponins, terpenoids, and phenolic antioxidants (notably proanthocyanidins) mostly in seed coat and pericarp.[2] Polysaccharides such as xyloglucan (~65% of seed) have a high molecular weight and specific sugar ratios.[17] Antinutrients like alkaloids, trypsin inhibitors, tannins, phytates, and hydrogen cyanide are present but reduced by heat treatments.[3] Extraction involves decortication and various conventional and advanced methods for polysaccharides and tannins, with analyses via FTIR and XRD.[23,24,27]

2.5. Chemical Constituents of Bark

The therapeutic compounds found in *Tamarindus indica* stem and root bark are well-known.[4] While ethanolic extracts show alkaloids, quinine, and lignin, some analyses may not show sterols, sugars, flavonoids, or coumarins. It also contains tannins, saponins, glycosides, peroxidase, and lipids.[4,5] Flavonoids and phenolics are examples of polyphenols that contribute to the antioxidant qualities of bark.[4] N-hexacosane, eicosanoic acid, β -sitosterol, octacosanyl ferulate, oxobehenic acid, and most notably (+)-pinitol, which was described for the first time, are among the specific substances found in root bark.[7,13] Hot ethanolic techniques are usually used for extraction, and standard qualitative tests are used to screen for phytochemicals and important components.[5]

2.6. Chemical Constituents of Flowers

The flowers of *Tamarindus indica* are small, about 2–2.5 cm wide, with petals that vary in color from pinkish and cream to pale yellow or white streaked with red or orange.[8] Although less studied chemically than the fruit and seeds, the flowers contain important bioactive compounds linked to

their anthocyanin content, which gives them their pinkish hue.[6] Phytochemical studies of red tamarind pulp, which shares anthocyanins with the flowers, show significant amounts of flavonoids, phenols, tannins, alkaloids, and terpenoids, with anthocyanins noted for antioxidant, anti-inflammatory, and hypolipidemic effects.[18] Essential oils from aerial parts including flowers contain volatile compounds such as limonene, linalool, p-cymene, caryophyllene, and longifolene.[11] Phytochemical screening of flower extracts uses chemical tests to detect alkaloids, flavonoids, steroids, terpenoids, glycosides, and quinones.[18]

3. Biological Activities of *Tamarindus indica*

The rich and diverse phytochemical profile of *Tamarindus indica* has a wide of scientifically validated biological activities, many of which corroborate its traditional medicinal uses. These activities collectively highlight the plant's significant therapeutic potential.

3.1. Antioxidant Properties

Tamarindus indica is a strong natural antioxidant source due to its rich content of phenolic compounds, flavonoids, and tannins found in the fruit pulp, seeds, leaves, and bark.[2] Its antioxidant action involves several mechanisms. Polyphenols like catechins and epicatechins in seeds and pericarp directly scavenge free radicals (e.g., NO, OH, DPPH, superoxide, peroxy) by donating hydrogen or electrons, thus protecting cells.[2] Extracts from the seed coat and pulp, especially those containing caffeic acid, inhibit lipid peroxidation, preserving membrane integrity and preventing damage linked to aging, cancer, cardiovascular disease, diabetes, and inflammation.[2] Tamarind also chelates metal ions that catalyze free radical production, reducing oxidative stress.[15] Furthermore, tamarind pulp



extracts enhance the activity of antioxidant enzymes like SOD, CAT, and GSH-Px in animal models, boosting cellular defense.[2]

3.2. Anti-inflammatory Effects

Tamarindus indica has notable anti-inflammatory effects, supporting its traditional use for conditions like arthritis and body pain.[2] This activity is linked to bioactive compounds such as alkaloids, flavonoids, tannins, phenols, and saponins.[3] Its anti-inflammatory action involves multiple mechanisms. Extracts from leaves, bark, and seeds reduce key pro-inflammatory cytokines like TNF- α , IL-6, and IL-1 β by inhibiting NF- κ B activation.[2,15] *T. indica* also suppresses COX-1 and COX-2 enzymes, reducing prostaglandin synthesis. It inhibits iNOS activity, lowering nitric oxide production, another inflammation driver.[15] Additionally, it blocks 5-lipoxygenase, curbing leukotriene formation.[29] Leaf extracts stabilize membranes, preventing mediator release and reducing carrageenan-induced paw edema.[2] Neutrophil activity modulation also contributes to its anti-inflammatory effect. Methanolic seed extract significantly reduces carrageenan-induced edema, while ethanolic seed extract lowers inflammatory markers and protects joints in arthritis models.[2] A tamarind-derived trypsin inhibitor (TTIp) decreased TNF- α levels in plasma and adipose tissue, suggesting anti-inflammatory

benefits in obesity.[2] The plant's analgesic action may also involve activation of opioidergic pathways, helping relieve pain along with inflammation.[29]

3.3. Antimicrobial Activities

The antimicrobial activity of *Tamarindus indica* supports its traditional use against bacterial and parasitic infections.[2] This effect is due to polyphenols, flavonoids, alkaloids, tannins, and saponin.[5] Its action involves several mechanisms. Polyphenols like catechin and epicatechin disrupt microbial membranes, increasing permeability and causing lysis, as seen in SEM studies.[15,22] It also inhibits key bacterial enzymes such as DNA gyrase and topoisomerase, affecting replication.[15] Some compounds interfere with cell wall and nucleic acid synthesis.[15] Additionally, *T. indica* targets virulence factors such as *S. aureus* protease and *P. aeruginosa* elastase, reducing pathogenicity without direct bactericidal pressure.[22,30] Ethanolic extracts show strong activity against MDR strains like *S. aureus* (MIC 0.78 mg/mL, MBC 3.12 mg/mL) and *P. aeruginosa* (MIC 1.56 mg/mL, MBC 3.12 mg/mL).[22] Leaves, seeds, and pulp contribute to this broad-spectrum effect.[2] Synergy with antibiotics further suggests its role in combination therapies against resistant infections.[15]

Medicinal Uses of Plant Parts



3.4. Antidiabetic Properties

Tamarindus indica shows promising antidiabetic effects, supporting its traditional use.³ These are mainly due to its polyphenols and flavonoids.[2] Tamarind extracts, especially from the fruit pulp, inhibit α -amylase and α -glucosidase, slowing carbohydrate breakdown and glucose absorption, thus lowering post-meal blood sugar.[12] Its polyphenols also improve insulin receptor sensitivity, enhancing glucose uptake.[14] Leaf and seed extracts protect pancreatic β -cells from oxidative stress and apoptosis, preserving insulin function.[2] As an antioxidant, it reduces oxidative stress—a key factor in insulin resistance and β -cell damage. Tamarind also lowers cholesterol, triglycerides, and weight while raising HDL, helping manage obesity and diabetes-related risks.[2] Some compounds inhibit protein tyrosine phosphatase (PTP), improving insulin signaling.[15] In alloxan-induced diabetic rats, leaf extract reduced blood glucose, possibly by reducing oxidative damage and enhancing insulin action. These results suggest *T. indica* may be effective in controlling postprandial hyperglycemia and managing metabolic complications of diabetes.[2]

3.5. Hepatoprotective Activity

Tamarindus indica shows strong hepatoprotective effects, aligning with its traditional use for jaundice and liver issues.[2,28] Its action is linked to antioxidant and anti-inflammatory mechanisms. Aqueous extracts from fruit, leaves, and seeds lower elevated liver enzymes (ALP, AST, ALT) and bilirubin, signaling improved liver function.[2] In paracetamol-induced liver injury models, extracts reduce liver weight and necrosis. Tamarind also boosts antioxidant enzymes (GSH, CAT, SOD) and reduces lipid peroxidation, enhancing liver defense.[2] Its anti-inflammatory effect further protects liver tissue.[15] A trypsin

inhibitor (TTI), especially in nanoform, improves liver structure and reduces damage in hyperglycemic and high-GI diet models, suggesting a role in NAFLD management. Tamarind flower extracts also protect the liver from toxicity caused by isoniazid and rifampicin in rats.[2] Findings from various plant parts highlight *T. indica* has strong liver-protective potential.

3.6. Cardioprotective Effects

Tamarindus indica shows strong cardioprotective potential due to its antioxidant, anti-inflammatory, and lipid-regulating effects.[2] Its phenolic compounds, such as flavonoids and proanthocyanidins, scavenge free radicals and prevent lipid peroxidation in cardiac tissues, protecting against myocardial injury.[15,2] It also inhibits pro-inflammatory cytokines like TNF- α , IL-6, and IL-1 β , along with enzymes COX and iNOS, thereby reducing cardiac inflammation.[15] The plant improves lipid profiles by lowering triglycerides, LDL, and total cholesterol while increasing HDL levels, a benefit attributed to polyphenols like syringic and gallic acids that inhibit pancreatic lipases and reduce ApoB.[2,16] Additionally, *T. indica* juice may support blood pressure regulation, while tartaric acid and flavonoids in its pulp act as calcium channel blockers, offering anti-spasmodic effects.[16] Ethanol extracts from the leaves also demonstrate cardiotonic activity by enhancing heart contractions and protecting against doxorubicin-induced damage. These combined effects suggest that *T. indica* may be effective in managing and preventing cardiovascular diseases.[15]

3.7. Anticancer Activity

Tamarindus indica has shown notable anticancer and cytotoxic effects, suggesting its value in cancer prevention and treatment.[2] Ethanol leaf



extracts and the flavonoid apigenin significantly reduce the viability of HeLa and PA-1 cancer cells by inducing apoptosis, particularly through caspase-9 activation and halting cells in the S and G2/M phases. These antiproliferative effects are largely attributed to apigenin, a compound known for anticancer activity. *T. indica* has anti-inflammatory properties also help reduce the pro-cancer microenvironment.[31] Furthermore, phytochemicals like 5-hydroxymethylfurfural and 3-O-methyl-D-glucose from the fruit pulp exhibit cytotoxic potential.[25] Additionally, bark extracts containing cantharidin have demonstrated activity against cervical and ovarian cancer cells.[31] These findings support *T. indica* has role as a promising natural source for anticancer agents.

3.8. Wound Healing Activities

Tamarindus indica has traditionally been used for wound healing, a practice now supported by science.[7] Its antiseptic, anti-inflammatory, antioxidant, and regenerative properties contribute to its effectiveness. Wound healing involves multiple stages, and *T. indica* supports these through several mechanisms. Leaf compounds like alkaloids, flavonoids, saponins, and tannins exhibit antiseptic effects, preventing infection and aiding clean wound recovery. Anti-inflammatory action reduces swelling and modulates the healing phase to avoid scarring. Its antioxidants protect skin cells from free radical damage, while other compounds promote new skin cell growth.[19] Molecular docking studies show bark extracts interact with key healing proteins like MMP-2, TGF- β , FGF-2, VEGFR, and IL-6, supporting tissue repair and angiogenesis. For example, 1,6-cyclodecadiene binds strongly with TGF- β . [32] Practical applications like “Tamarind Balm” combining tamarind leaf extract with lavender oil

and vitamin E, show enhanced skin penetration and healing benefits.[19]

CONCLUSION AND FUTURE PERSPECTIVES

Tamarindus indica stands as a truly remarkable natural plant, deeply embedded in the cultural, nutritional, and medicinal landscapes of tropical and subtropical regions worldwide. Its journey from its native East African drylands to its global distribution, facilitated by human interaction, underscores its exceptional adaptability and resilience. The extensive traditional uses, ranging from culinary applications to a broad spectrum of medicinal remedies, are increasingly supported by a growing body of scientific evidence.

The comprehensive phytochemical analysis reveals that *T. indica* is a rich reservoir of diverse bioactive compounds, including a wide array of polyphenols (flavonoids, tannins, phenolic acids), alkaloids, saponins, terpenoids, glycosides, essential fatty acids, and complex polysaccharides. Furthermore, it is a significant source of essential vitamins (B complex, C, E) and vital minerals. This extraordinary chemical richness serves as the fundamental basis for the plant's multifaceted biological activities. The intricate interplay and potential synergistic effects among these numerous compounds likely contribute to the observed broad-spectrum therapeutic efficacy, moving beyond a reductionist view of single active principles.

Scientific investigations have validated numerous pharmacological properties attributed to *T. indica* extracts and isolated compounds. Its potent antioxidant activity, mediated by free radical scavenging, lipid peroxidation inhibition, and enhancement of endogenous antioxidant enzymes, positions it as a promising agent against oxidative stress-related diseases. The anti-inflammatory



effects, through the inhibition of pro-inflammatory mediators and enzymes, offer therapeutic avenues for inflammatory conditions. The antimicrobial properties, involving cell membrane disruption and enzyme inhibition, coupled with anti-virulence activities, highlight its potential in combating drug-resistant pathogens, possibly in synergistic combination with conventional antibiotics. Moreover, its antidiabetic potential, through carbohydrate enzyme inhibition, insulin sensitivity enhancement, and β -cell protection, is particularly noteworthy in the context of global metabolic health challenges. The hepatoprotective and cardioprotective effects further underscore its systemic health benefits, while emerging evidence for anticancer and wound healing activities opens new frontiers for drug development.

Despite these promising preclinical results and a long history of safe traditional use, significant research gaps remain. A critical need exists for rigorous, well-designed clinical trials to validate the efficacy and safety of *T. indica* extracts and isolated compounds in human populations for specific health conditions. Such trials are essential to establish standardized dosages, assess long-term safety, and understand potential drug interactions more comprehensively. Further mechanistic studies are also warranted to precisely elucidate the molecular pathways underlying its complex biological activities, particularly for anticancer and wound healing properties where detailed mechanisms are less defined.

Future research should also focus on optimizing extraction and formulation methods to enhance the bioavailability and stability of active compounds, potentially through advanced delivery systems like nanoparticles or encapsulation techniques. Exploring the synergistic effects of *T. indica* with other medicinal agents or conventional drugs could lead to novel, more effective combination

therapies. Furthermore, given the disparity in its economic utilization, particularly in Africa, research into sustainable cultivation practices, efficient processing technologies, and the development of value-added products could unlock significant socio-economic benefits. By addressing these research priorities, *Tamarindus indica* can be fully valorized as a robust natural therapy, enhancing its application in modern medicine and contributing to global health and sustainable development.

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