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TAMARIND

Search for medical details concerning TAMARIND on iMedix including its uses, side effects and precautions, overview, interactions and reviews.

- **ActiveIngredient:**
 - **DosageForm:**
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 - **Indications:**
 - **Manufacturer:**
 - **Storage:**
 - **Market Price:**
 - **Drug Status:**
-

Description

Uses & Effectiveness Overview Tamarind (*Tamarindus indica*) is a tree found in tropical Africa and southern Asia. The fruit pulp is widely used in Asian culture. Tamarind contains ingredients that might have laxative effects and fight against certain fungi and bacteria. It also contains a chemical that is similar to mucin found in the eye. Mucin helps protect and wet the surface of the cornea. People use tamarind for dry eye, constipation, parasite infections, early orgasm (premature ejaculation), and many other conditions, but there is no good scientific evidence to support most of these uses. Tamarind is a rich source of vitamin C, containing about four times more than an orange. This vitamin helps boost the immune system, protect against cardiovascular disease, and aids in collagen production for healthy skin.

Side Effects When taken by mouth: Tamarind is commonly consumed in foods. There isn't enough reliable information to know if tamarind is safe when used in larger amounts as medicine. When placed into the eyes: Tamarind seed extract is possibly safe when used in eye drops.

Interactions **Moderate Interaction** Be cautious with this combination

Aspirin interacts with TAMARIND Taking tamarind with aspirin might increase how much aspirin the body absorbs. This could increase the amount of aspirin in the body and might increase the chance of side effects.

Ibuprofen (Advil, others) interacts with TAMARIND Taking tamarind with ibuprofen might increase how much ibuprofen the body absorbs. This could increase the amount of ibuprofen in the body and might increase the chance of side effects.

Medications for diabetes (Antidiabetes drugs) interacts with TAMARIND Tamarind might lower blood sugar levels. Taking tamarind along with diabetes medications might cause blood sugar to drop too low. Monitor your blood sugar closely.

Special Precautions and Warnings When taken by mouth: Tamarind is commonly consumed in foods. There isn't enough reliable information to know if tamarind is safe when used in larger amounts as medicine. When placed into the eyes: Tamarind seed extract is possibly safe when used in eye drops.

Pregnancy and breast-feeding: There isn't enough reliable information to know if tamarind is safe to use when pregnant or breast-feeding. Stay on the safe side and stick to food amounts.

Surgery: Tamarind seed might lower blood sugar levels. This might interfere with blood sugar control during and after surgery. Stop using tamarind at least 2 weeks before a scheduled surgery.

Dosing There isn't enough reliable information to know what an appropriate dose of tamarind might be. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult a healthcare professional before using.

Side Effects

Uses

Interactions

Other Details
