Sineguelas - Siniguelas

Other common names include Sarguelas, Red Mombin, Purple Mombin, or Hog Plum also known as Spanish plum (Spondias purpurea), is a typical summer fruit in the Philippines.

do you know that sineguelas has anti-cancer component? Yes!

Green with a little red when really ripe - a taste almost like some apples, delicious and available all over the Philippines on many markets in tropical sea level zones.

Botany
Deciduous tree growing to a height of 5 meters. Trunk is stout, with thick spreading branches. Leaves are pinnate, 15 to 25 cm long. Leaflets occur in 5 to 9 pairs, oblong-ovate, 5-7 cm long. Flowers are solitary or fascicled in the axils of the fallen leaves, reddish, about 3 mm long. Fruit is smooth and thin-skinned, oblong or subglobose, about 2.5 cm long, with a fleshy pericarp, yellowish green or dark-purplish outside, with a large and stony seed. When ripe, the seed is surrounded by a soft, sweet, and aromatic juicy pulp.

Distribution
Cultivated for its edible fruit.

Parts utilized
Bark, fruit.

Chemical constituents and properties
Fruit is astringent; considered diuretic and antispasmodic.

Uses
Folkloric
Decoction of the bark used for dysentery and infantile tympanites.
Sap of the bark is applied to the infants mouth for stomatitis.
Decoction of the fruit used for diarrhea, dysentery, gonorrhea.
• In Brazil, decoction of bark used for diarrhea; decoction of flowers and leaves used for constipation and stomach aches.
• The Tikunas Indians of the Amazon use the decoction of bark for pain and excessive menstrual bleeding, for stomach pains and diarrhea, and for washing wounds.
• Cubans used the fruit as emetic.
• Haitians use the fruit syrup for angina.
• Dominicans use it as laxative.
• Bark used for minor skin ulcers.
• Fruit decoction used to bathe wounds.
• Juice of fresh leaves used for thrush.
• Decoction of leaves and bark used as febrifuge.
• In Nigeria, infusion of shredded leaves used to wash wounds, cuts, sores and burns.
• Resin of tree used with pineapple and soursop for jaundice.
• Amazonian Indians use a daily cup of decoction for permanent sterility.
• In Guatemala, used for gastrointestinal disorders.

Others
• Fruit used to remove stains from clothing and for washing hands.
• A common seasoning for sweets and pickling.
• In the Ecuadorian coastal plain and Andes, processed into marmalade, wine, liquor.
• In French Guiana, shoots are considered astringent. Fruit used as ingredient in laxative marmalade. Seeds considered toxic.

Studies
• Antimicrobial: In a study of 84 plants screened for invitro activity against five enterobacteria pathogenic to man, Spondias purpurea was one of ten plants that showed the best antibacterial activity and provides scientific basis for use in enterobacterial infections in man.

Availability
Cultivated.