



- – Offering betel morsels (pan-supari) to guests in the Indian sub-continent is a common courtesy.
- – Many traditional ceremonies governing the lives of Hindus use betel leaves and areca nuts.
- – In India, betel is used for deworming .
- – According to traditional ayurvedic medicine, chewing areca nut and betel leaf is a good remedy against badbreath.
- – Betel leaf has aphrodisiac properties.
- – Betel leaf juice is credited with diuretic properties.
- – Betel leaves are beneficial in the treatment of nervous disorders.
- – The betel leaf has analgesic and cooling properties. It can be applied to relieve intense headaches.
- – Betel leaves are useful in pulmonary afflictions suffered in childhood and old age.
- – In the case of constipation in children, a suppository made of the stalk of betel leaf dipped in castor oil can be introduced in the rectum. This instantly relives constipation.
- – Local application of the leaves is effective in treating sore throat.
- – Betel leaves can be used to heal wounds.
- – The herb is also an effective remedy for boils.
- – The application of leaves smeared with oil is said to be promote the secretion of milk when applied on the breasts during lactation. – Betel leaf is a popular spice in South-East Asian cooking with the leaves being used in their raw and cooked form.
- – Leaves are so attractive; they are often used as a base for decorating platters, with food arranged on top of them.
- – The white flower spikes of the betel plant develop into seeds/fruits that look a little like a green /brown mulberry when ripe and can be eaten; it is a tasty morsel of sweet jelly-like pulp.
- – The edible portion is green leaf, used as masticatory along with areca nut, lime and catechu.
- – Chewing of pan leaf is an ancient habit having existed for more than 2000 years.
- – The pan leaf contains vit.B and C and also beneficial in accelerating the process of digestion.
- – It also possesses antimicrobial activity due to peroxidase, nitric and secretary antibodies which offer protection against microbial proliferation in mouth so that tooth and gum decay is kept under check.



- – The betel leaf is also used as cosmetic purposes now.
- – Extract of betel leaves has antioxidant property due to presence of chevibetol (CHV), allylpyrocatechol (APC) etc.
- – Betel leaves have anti-carcinogenic properties due to presence of hydroxyl-chevicol.
- – Betel vine is grown as an important cash crop.
- – Betel chewing is considered as a good and cheap source of dietary calcium.
- – Betel leaves oil has several medicinal uses.
- – Betel leaf consumption reduces gastric pain.
- – Betel leaf consumption increases hunger.
- – A hot poultice of betel leaves help to reduce joint pain in arthritis.
- – Betel leaves can be used by people who are on weight loss programme.
- – It cures erectile dysfunction in men.
- – Betel leaf treats ear infections.
- – Betel leaf even treats insect-bites.
- – Red betel leaf is said to control blood sugar levels in diabetic patients.
- – Betel leaf juice can be applied externally on the skin to treat skin diseases like psoriasis and eczema. Betel leaves can work effectively to treat any type of skin infections caused due to bacteria and fungus.
- – When mixed with a little amount of honey, betel leaf extract is a good remedy to treat cough.
- – Betel leaf treats gastric ulcers.
- – Betel leaf is used for treatment of warts.
- – In some area of Indonesia, betel leaf chewing is a well-established tradition.
- – Eliminates body odour.
- – Stop the bleeding nose.
- – Brightens up the complexion.
- – The betel leaf when chewed produces a sense of well-being. Taken particularly after dinner it produces a pleasant effect, refreshing the mind, giving vital power and removing bad odour from the mouth.
- – A poultice of the leaves or their juice mixed with some bland oil such as refined coconut oil can be applied to the loins with beneficial results in lumbago.
- – Betel leaves are known for their ability to remove toxins from the body.