INTERNATIONAL JOURNAL OF PHARMACEUTICAL SCIENCES
[ISSN: 0975-4725; CODEN(USA): IJPS00]
Journal Homepage: https://www.ijpsjournal.com

OPEN ACCESS

Review Paper

A Review on The Species: Psidium Guajava L.

Dr. N. Astalakshmi*, Ajith S, Arulmani M, Dinesh V, Iyyappan R, Lisha R, Dr. M. Surendra Kumar

Senghundhar College of Pharmacy, Kumaramangalam, Tiruchengode, Tamil Nadu, India.

ARTICLE INFO

Published: 07 Aug 2026
Keywords:
Psidium guajava; guava; phytochemicals; antioxidant activity; antidiabetic activity; anticancer activity; medicinal plant
DOI:
10.5281/zenodo.21837431

ABSTRACT

Psidium guajava L. (guava), belonging to the Myrtaceae family, is a tropical medicinal plant valued for its nutritional and therapeutic properties. This review summarizes the phytochemical composition and pharmacological activities of its bark, fruit, leaves, roots, and seeds. Various extraction methods, including aqueous decoction, maceration, Soxhlet extraction, hydrodistillation, and supercritical CO_2 extraction, have been used to isolate bioactive compounds such as flavonoids (quercetin, rutin, catechin), phenolic acids, tannins, terpenoids, essential oils, and fatty acids. These phytoconstituents exhibit diverse biological activities, including antioxidant, antimicrobial, antidiabetic, anti-inflammatory, anticancer, hepatoprotective, antidiarrheal, cardioprotective, and photoprotective effects, supported by in vitro, in vivo, and clinical studies. Among the plant parts, the fruit and leaves have received the greatest scientific attention due to their strong antioxidant and glucose-regulating properties, whereas the bark, roots, and seeds remain comparatively underexplored despite their promising therapeutic potential. Overall, P. guajava represents an important natural source of bioactive compounds with considerable applications in pharmaceutical, nutraceutical, and cosmeceutical formulations. Further standardized phytochemical analyses and well-designed clinical studies are needed to validate its therapeutic efficacy and broaden its medicinal applications

INTRODUCTION

Psidium guajava L., commonly known as guava, is a tropical fruit-bearing plant belonging to the family Myrtaceae that has long been valued for its nutritional richness and broad therapeutic potential **(Joshi et al., 2023).** Various parts of the plant, including its leaves, peel, pulp, bark, and roots, have been traditionally utilized to manage a wide range of ailments such as diarrhea, dysentery, skin disorders, and inflammatory conditions **(Joshi et al., 2023).** Beyond its ethnomedicinal

***Corresponding Author:** Dr. N. Astalakshmi
Address: *Senghundhar College of Pharmacy, Kumaramangalam, Tiruchengode, Tamil Nadu, India.*
Email ✉: astalakshmisurendar@gmail.com
Relevant conflicts of interest/financial disclosures: The authors declare that the research was conducted in the absence of any commercial or financial relationships that could be construed as a potential conflict of interest.

applications, guava has attracted growing scientific interest due to its rich phytochemical profile, which includes phenolic compounds, flavonoids, and other bioactive constituents responsible for its antioxidant, antimicrobial, and photoprotective properties **(Dewage et al., 2023)**. Studies have further demonstrated that extracts derived from guava fruit, particularly those obtained through advanced techniques such as supercritical CO_2 extraction, are capable of inhibiting intestinal glucose transporters, thereby supporting the plant's recognized antidiabetic potential **(König et al., 2019).** Collectively, these findings underscore the pharmacological versatility of *Psidium guajava* and highlight its promise as a natural source of bioactive compounds for the development of functional foods, nutraceuticals, and cosmeceutical formulations.

TAXONOMICAL CLASSIFICAION

Species: *Psidium Guajava* (L.)
Family: Myrtaceae
Kingdom: Plantae
Division: Angiospermae
Class: Dicotyledonae
Order: Myrtales
Genus: *Psidium*

REVIEW OF LITERATURE ON: *Psidium Guajava* Linn.

BARK:

❖**Pereira et al., 2023** evaluated the antibacterial activity of *Psidium guajava* leaf aqueous extract prepared by decoction in water. The extract contained major phytochemicals including quercetin, rutin, hesperidin, tannins, gallic acid, and other phenolic acids, and showed significant antibacterial activity against Gram-positive bacteria, including methicillin-resistant *Staphylococcus aureus* (MRSA), with a MIC of 6.8 mg/mL, while no activity was observed against *Escherichia coli*. The antimicrobial effect was mainly attributed to its high phenolic, tannin, and flavonoid content.

❖**Naseer et al., 2018** reviewed the phytochemistry and medicinal properties of *Psidium guajava*, highlighting the antimicrobial potential of bark and leaves. The review reports that methanolic bark extracts exhibit strong antibacterial activity against Bacillus and Salmonella species, while the bark contains 12–30% tannins, polyphenols, resins, and calcium oxalate crystals, which are considered the major bioactive constituents responsible for its antimicrobial activity. The review also emphasizes the presence of flavonoids, saponins, glycosides, steroids, and triterpenoids contributing to the broad pharmacological potential of *P. guajava*.

❖**Daswani et al., 2017** reviewed the medicinal properties of *Psidium guajava* and reported that the stem bark, mainly as aqueous/decoction extracts, possesses antiamoebic, antigiardial, antiplasmodial, antidiabetic, and antimicrobial activities. The bark contains polyphenols, flavonoids, tannins, and phenolic compounds, which contribute to its pharmacological effects and support its traditional use in treating dysentery, gastrointestinal infections, tuberculosis, and malaria.

❖**Sekhar et al., 2014** investigated the antinociceptive activity of the aqueous bark extract of *Psidium guajava*. The bark was extracted by Soxhlet extraction using water. The extract showed significant analgesic activity in tail clip, tail flick, and acetic acid-induced writhing models, with the 200 mg/kg dose being the most effective. The activity was associated with the presence of flavonoids, tannins, saponins, and alkaloids,

suggesting both central and peripheral analgesic mechanisms.

❖**Fasola et al., 2011** investigated the chemical composition, toxicity, and antioxidant activity of *Psidium guajava* stem bark essential oil. The essential oil was extracted from fresh stem bark by hydro-distillation using a Clevenger apparatus and analyzed by GC–MS. The oil was rich in hydrocarbons, amines, amides, and esters, with 3,6-dioxa-2,4,5,7-tetraoctane,2,2,4,4,5,5,7,7-octamethyl and cyclononane as the major constituents. The essential oil exhibited strong antioxidant activity in the DPPH radical scavenging assay and showed toxicity in the brine shrimp lethality assay (LC_{50} = 1.0009 µg/mL), indicating the presence of biologically active secondary metabolites.

FRUIT:

❖**Möwes et al., 2025** investigated the antimicrobial and antioxidant activities of *Psidium guajava* fruit peel extracted by maceration using methanol, 70% methanol, acetone, and 70% acetone. The extracts contained alkaloids, flavonoids, phenols, tannins, saponins, steroids, terpenoids, caryophyllene, eucalyptol, and 5-hydroxymethylfurfural, and exhibited significant antimicrobial activity against Escherichia coli, Staphylococcus aureus, and Candida albicans, along with strong antioxidant activity, particularly in the acetone extract.

❖**Kareem and Kadhim, 2024** reviewed the phytochemical constituents and pharmacological properties of *Psidium guajava* using evidence from previous studies. The review reported that fruits, leaves, bark, seeds, and roots contain diverse bioactive compounds, including flavonoids (quercetin, guaijaverin, rutin), phenolic acids, tannins, saponins, alkaloids, terpenoids, carotenoids (lycopene and β-carotene), polysaccharides, and essential oils, extracted using aqueous, ethanolic, methanolic, hydroalcoholic, hexane, and supercritical CO_2 methods. These phytochemicals were associated with antioxidant, antimicrobial, antidiabetic, anti-inflammatory, hepatoprotective, anticancer, antidiarrheal, and antiparasitic activities, highlighting the medicinal potential of *P. guajava*.

❖**Joshi et al., 2023** reviewed the phytochemical composition and medicinal properties of *Psidium guajava.* The review highlighted that the fruit, along with other plant parts, contains bioactive compounds including quercetin, rutin, flavonoids, tannins, ellagic acid, α-terpineol, β-caryophyllene, α-humulene, oleanolic acid, ursolic acid, β-sitosterol, lectins, and amritoside. Although no specific extraction method or solvent was reported, these phytochemicals were associated with antioxidant, antimicrobial, anti-inflammatory, antidiabetic, anticancer, antiproliferative, and hepatoprotective activities, supporting the therapeutic potential of *P. guajava* fruit.

❖**Lok et al., 2023** reviewed the anticancer potential of *Psidium guajava* fruit extracts and reported that fruit, pulp, and carotenoid fractions extracted mainly with petroleum ether, ethanol, acetone, and 95% ethanol exhibited significant antiproliferative activity against breast, prostate, colon, lung, liver, melanoma, and leukemia cancer cell lines. The major bioactive constituents identified were lycopene, apigenin, resveratrol, guajadial D, guajadial A, guajadial B, 4,5-diepipsidial A, and psiguadial D, which induced apoptosis, cell-cycle arrest, inhibition of angiogenesis and cell migration, and suppression of cancer cell proliferation, highlighting guava fruit as a promising natural source of anticancer phytochemicals.

❖**König et al., 2019** investigated the antihyperglycemic activity of *Psidium guajava* fruit extracted by supercritical CO_2 extraction (SFE). The extract contained 5-hydroxymethylfurfural and kojic acid as major phytochemicals and significantly reduced postprandial blood glucose by inhibiting SGLT1 and GLUT2-mediated glucose absorption in a randomized clinical trial, indicating its potential for diabetes management.

❖**Thaptimthong et al., 2016** investigated the cardiovascular effects of fresh *Psidium guajava* fruit juice prepared by mechanical juicing and filtration (no extraction solvent used) in healthy volunteers. Consumption of 500 mL of the juice significantly reduced collagen-induced platelet aggregation, systolic and diastolic blood pressure, and heart rate. The observed effects were attributed to flavonoids, including quercetin, myricetin, apigenin, leucocyanidin, and quercetin glycosides, suggesting that fresh guava fruit juice has potential cardioprotective and antiplatelet properties.

LEAVES:

❖**Möwes et al., 2025** investigated the antimicrobial and antioxidant activities of *Psidium guajava* leaves extracted by maceration using acetone, methanol, aqueous acetone, and aqueous methanol. The leaf extracts contained alkaloids, flavonoids, phenols, tannins, saponins, steroids, terpenoids, caryophyllene, and eucalyptol, and exhibited significant antimicrobial activity against Escherichia coli, Staphylococcus aureus, and Candida albicans, with the acetone extract showing the strongest antioxidant activity.

❖**Dewage et al., 2023** investigated the antioxidant, antimicrobial, and photoprotective activities of *Psidium guajava* leaves extracted by cold maceration using 99% methanol. The methanolic leaf extract, rich in phenolic compounds and flavonoids, exhibited the highest total phenolic (662.24 mg GAE/g) and total flavonoid (18.63 mg QE/g) contents, strong DPPH radical scavenging activity, antimicrobial activity against Staphylococcus aureus, Escherichia coli, Pseudomonas aeruginosa, and Candida albicans, and excellent photoprotective activity (SPF 30.38), highlighting its potential as a natural sunscreen ingredient.

❖**Mota et al., 2019** investigated the photoprotective activity of *Psidium guajava* leaves using a hydroalcoholic leaf extract. The extract, rich in flavonoids and tannins, enhanced the SPF of a sunscreen formulation containing 7.5% ethylhexyl methoxycinnamate from 7.5 to 8.1, demonstrating antioxidant and UV-protective potential as a natural sunscreen additive.

❖**Milani et al., 2018** investigated the photoprotective potential of *Psidium guajava* fruit byproducts (peel and pomace) extracted by percolation following 24 h maceration using 50% hydroethanolic solvent (water, 1:1). The extract was standardized in ellagic acid by HPLC and contained phenols, flavonoids, and ellagic acid, exhibiting significant antioxidant activity and enhancing the SPF of a cosmetic formulation by 17.99% through synergism with ethylhexyl methoxycinnamate, demonstrating its potential as a natural photoprotective ingredient.

❖**.,Araújo et al 2015** investigated the antioxidant activity of *Psidium guajava* fruits at different maturation stages. Fruit pulp was extracted with water followed by methanol fractionation to obtain methanolic fractions. HPLC analysis identified gallic acid, catechin, chlorogenic acid, caffeic acid, epicatechin, rutin, quercitrin, isoquercitrin, quercetin, kaempferol, tocopherol β-carotene, and

lycopene. The extracts exhibited significant antioxidant activity, with mature fruits showing the highest DPPH radical scavenging activity and immature fruits showing the strongest Fe^{2+} chelating activity.

❖**Rizzo et al., 2014** investigated the anticancer activity of *Psidium guajava* leaves extracted with dichloromethane and ethanol. The dichloromethane leaf extract showed stronger antiproliferative activity than the ethanolic extract against multiple cancer cell lines. Fractionation identified guajadial, psidial A, and psiguadials A and B as major meroterpenoids, with guajadial exhibiting significant antiproliferative and antimigratory effects against lung and breast cancer cells.

ROOT:

❖**Butt et al., 2025** reviewed the therapeutic potential of *Psidium guajava* and summarized previous studies on its roots, leaves, bark, and fruits. Regarding the roots, the review highlighted their traditional medicinal use but did not report any specific experimental study, extraction method, extraction solvent, or root-specific phytochemical constituents. The review noted that *P. guajava* is generally rich in flavonoids (quercetin, catechin, rutin), polyphenols, tannins, gallic acid, and other bioactive compounds, which contribute to its antioxidant, antidiabetic, anti-inflammatory, antihypertensive, hepatoprotective, and antimicrobial activities.

❖**Kareem and Kadhim et al., 2024** reviewed the phytochemical constituents and pharmacological activities of *Psidium guajava*. Regarding the roots, the review reported that root extracts exhibited hepatoprotective activity against castor oil-induced liver damage in rats, supporting their traditional ethnomedicinal use. However, the review did not specify the extraction method, extraction solvent, or phytochemical constituents responsible for the activity in the root extract. Overall, *P. guajava* is rich in flavonoids, tannins, polyphenols, triterpenoids, alkaloids, saponins, glycosides, steroids, vitamins, and essential oils, although these phytochemicals are mainly reported from the leaves, fruits, bark, and seeds rather than the roots.

❖**Joshi et al., 2023** reviewed the medicinal properties of *Psidium guajava* and reported that the roots are traditionally used to treat reflux, cough, abdominal pain, dyspepsia, constipation, and toothache. The review identified major phytochemicals in *P. guajava*, including flavonoids, quercetin, rutin, α-terpineol, β-caryophyllene, α-humulene, oleanolic acid, tannins, ellagic acid, β-sitosterol, and ursolic acid; however, no root-specific extraction method, extraction solvent, or phytochemical analysis was reported.

❖**Daswani et al., 2017** reviewed the ethnomedicinal uses and pharmacological activities of *Psidium guajava* and reported that the roots are traditionally used to treat diarrhea in sheep and goats. However, the review did not specify the extraction method, extraction solvent, or root-specific phytochemical constituents. Overall, *P. guajava* is recognized for its broad antimicrobial, antidiarrheal, antidiabetic, anti-inflammatory, antioxidant, hepatoprotective, and anticancer properties, although these activities are mainly attributed to studies on the leaves, bark, and fruits rather than the roots.

❖**Shoba and Thomas et al., 2014** investigated the antidiarrhoeal activity of *Psidium guajava* root-bark using a cold maceration extraction method. The powdered root-bark was defatted with n-hexane and extracted with methanol. In the castor

oil-induced gastrointestinal motility model in Swiss albino mice, the methanolic root-bark extract (7.5 and 15 mg/kg) significantly ($p < 0.001$) reduced intestinal motility, confirming its antidiarrhoeal potential. The activity was attributed mainly to the plant's astringent property and the presence of quercetin, although the active root-bark phytochemical(s) were not specifically identified.

❖**Fasola et al., 2011** investigated the chemical composition, toxicity, and antioxidant activity of *Psidium guajava* stem bark essential oil. Fresh stem bark was subjected to hydrodistillation using a Clevenger apparatus, and the essential oil was analyzed by GC–MS. A total of 62 compounds were identified, with 3,6-dioxa-2,4,5,7-tetraoctane,2,2,4,4,5,5,7,7-octamethyl, cyclononane, pyridazin-3(2H)-one derivatives, and tetramethyldecane as the major constituents. The essential oil exhibited strong antioxidant activity in the DPPH assay and showed toxicity in the brine shrimp lethality test (LC_{50} = 1.0009 µg/mL), indicating the presence of biologically active secondary metabolites.

SEED:

❖**Zhang et al., 2024** investigated the protective effect of *Psidium guajava* seed oil against DSS-induced ulcerative colitis in mice. Seed oil was analyzed by gas chromatography (GC) and found to be rich in linoleic acid, oleic acid, and linolenic acid (87.39% total fatty acids). Oral administration (200 and 400 mg/kg/day) significantly reduced inflammation, restored intestinal barrier function, improved gut microbiota, and increased short-chain fatty acid production, demonstrating the therapeutic potential of guava seed oil for colitis.

❖**Joshi et al., 2023** reviewed the medicinal potential of *Psidium guajava* seeds, reporting the presence of flavonoids, quercetin, ellagic acid, tannins, β-sitosterol, oleanolic acid, ursolic acid, and other polyphenols, which are responsible for antioxidant, antibacterial, anti-inflammatory, antidiabetic, and anticancer activities; no specific extraction method or solvent was described.

❖**Lin and Lin, 2021** investigated the anticancer activity of *Psidium guajava* seeds by isolating guava seed polysaccharides (GSPS) using Sepharose 6B gel filtration chromatography. The active proteopolysaccharide fraction (GSF3), rich in glucuronic acid, galacturonic acid, galactose, glucose, arabinose, xylose, mannose, fucose, and rhamnose, significantly inhibited PC-3 prostate cancer cell growth by increasing Bax/Bcl-2 ratio and Fas expression, demonstrating potent immunomodulatory and pro-apoptotic activity.

❖**Shabbir et al., 2020** evaluated the antidiabetic activity of *Psidium guajava* seed polyphenol extract. Seeds were extracted by ultrasound-assisted maceration using 80% methanol. The extract contained polyphenols, flavonoids, tannins, and antioxidants. Oral administration (200–250 mg/kg) to diabetic rats reduced blood glucose, triglycerides, total cholesterol, and LDL, while improving HDL and hematological parameters. The activity was mainly attributed to polyphenols, although the seed extract was less effective than guava pulp and leaf extracts.

❖**Prommaban et al., 2020** investigated the antioxidant and nutraceutical potential of *Psidium guajava* seed oil extracted from seeds by Soxhlet extraction using n-hexane. The oil was rich in linoleic acid, oleic acid, palmitic acid, β-sitosterol, stigmasterol, campesterol, chlorogenic acid, catechin, quercetin, isoquercetin, ellagic acid, and eriodictyol. The extract exhibited strong free-radical scavenging, hepatoprotective, neuroprotective, and lipid-modulating activities,

highlighting its potential as a functional food ingredient.

❖**Nelson et al., 2019** investigated the anticancer activity of *Psidium guajava* seeds using methanolic and ethyl acetate extracts. The seed extracts showed significant cytotoxicity against A549 lung cancer cells, with IC_{50} values of 61.01 and 60.21 µg/mL, respectively. The study demonstrated the anticancer potential of guava seed extracts, although specific phytochemical constituents were not identified.

REFERENCES

1. Pereira, G. A., Chaves, D. S. D. A., Silva, T. M. E., Motta, R. E. D. A., Silva, A. B. R. D., Patricio, T. C. D. C., ... & Karpiński, T. M. (2023). Antimicrobial activity of Psidium guajava aqueous extract against sensitive and resistant bacterial strains. Microorganisms, 11(7), 1784.
2. Naseer, S., Hussain, S., Naeem, N., Pervaiz, M., & Rahman, M. (2018). The phytochemistry and medicinal value of Psidium guajava (guava). Clinical phytoscience, 4(1), 32.
3. Daswani, P. G., Gholkar, M. S., & Birdi, T. J. (2017). Psidium guajava: A single plant for multiple health problems of rural Indian population. Pharmacognosy reviews, 11(22), 167.
4. Evaluation of Antinociceptive Activity of Aqueous Extract of Bark of Psidium Guajava in Albino Rats and Albino Mice
5. Fasola, T. R., Oloyede, G. K., & Aponjolosun, B. S. (2011). Chemical composition, toxicity and antioxidant activities of essential oils of stem bark of Nigerian species of guava (Psidium guajava Linn.). Excli Journal, 10, 34.
6. Möwes, M., Kandanda, G. K., Nangolo, L. N., Shafodino, F. S., & Mwapagha, L. M. (2025). Qualitative phytochemical profiling, and in vitro antimicrobial and antioxidant activity of Psidium guajava (Guava). Plos one, 20(4), e0321190.
7. Kareem, A. T., & Kadhim, E. J. (2024). Psidium guajava: a review on its pharmacological and phytochemical constituents. Biomedical and Pharmacology Journal, 17(2), 1079-1090.
8. Joshi, D. M., Pathak, S. S., Banmare, S., Bhaisare, S. S., & Banmare, S. D. (2023). Review of phytochemicals present in Psidium guajava plant and its mechanism of action on medicinal activities. Cureus, 15(10).
9. Lok, B., Babu, D., Tabana, Y., Dahham, S. S., Adam, M. A. A., Barakat, K., & Sandai, D. (2023). The anticancer potential of Psidium guajava (Guava) extracts. Life, 13(2), 346.
10. König, A., Schwarzinger, B., Stadlbauer, V., Lanzerstorfer, P., Iken, M., Schwarzinger, C., ... & Weghuber, J. (2019). Guava (Psidium guajava) fruit extract prepared by supercritical CO2 extraction inhibits intestinal glucose resorption in a double-blind, randomized clinical study. Nutrients, 11(7), 1512.
11. Thaptimthong, T., Kasemsuk, T., Sibmooh, N., & Unchern, S. (2016). Platelet inhibitory effects of juices from Pachyrhizus erosus L. root and Psidium guajava L. fruit: a randomized controlled trial in healthy volunteers. BMC complementary and alternative medicine, 16(1), 269.
12. Lok, B., Babu, D., Tabana, Y., Dahham, S. S., Adam, M. A. A., Barakat, K., & Sandai, D. (2023). The anticancer potential of Psidium guajava (Guava) extracts. Life, 13(2), 346.
13. Araújo, H. M., Rodrigues, F. F., Costa, W. D., de FA Nonato, C., Rodrigues, F. F., Boligon, A. A., ... & Costa, J. G. (2015). Chemical profile and antioxidant capacity verification of Psidium guajava (Myrtaceae) fruits at

different stages of maturation. Excli Journal, 14, 1020.
14. Li, L., Chong, L., Huang, T., Ma, Y., Li, Y., & Ding, H. (2023). Natural products and extracts from plants as natural UV filters for sunscreens: A review. Animal Models and Experimental Medicine, 6(3), 183-195.
15. Dewage, D. D. D. H., Samarakoon, S. M. G. K., Karunaratne, S. H. S., & Rajapakse, C. S. K. (2023). Psidium guajava L.(common guava) Peel, pulp and leaves as natural sources of antioxidants, antimicrobials and photoprotective agents for development of sun protection cosmeceuticals. Asian J. Chem, 35, 89-94.
16. Imam, S., Azhar, I., & Mahmood, Z. A. (2015). In-vitro evaluation of sun protection factor of a cream formulation prepared from extracts of Musa accuminata (L.), Psidium gujava (L.) and Pyrus communis (L.). In-Vitro, 8(3).
17. Kareem, A. T., & Kadhim, E. J. (2024). Psidium guajava: a review on its pharmacological and phytochemical constituents. Biomedical and Pharmacology Journal, 17(2), 1079-1090.
18. Joshi, D. M., Pathak, S. S., Banmare, S., Bhaisare, S. S., & Banmare, S. D. (2023). Review of phytochemicals present in Psidium guajava plant and its mechanism of action on medicinal activities. Cureus, 15(10).
19. Shoba, F. G., & Thomas, M. (2014). Evaluation of anti-diarrhoeal effect of four medicinal plants on castor oil-induced gastrointestinal motility in mice.
20. Fasola, T. R., Oloyede, G. K., & Aponjolosun, B. S. (2011). Chemical composition, toxicity and antioxidant activities of essential oils of stem bark of Nigerian species of guava (Psidium guajava Linn.). Excli Journal, 10, 34.
21. Butt, E., Altemimi, A. B., Younas, A., Butt, M. S., Jalal, M., Bhatty, M., ... & Aadil, R. M. (2025). Guava (Psidium guajava): A brief overview of its therapeutic and health potential. Food Chemistry: X, 31, 103027.
22. Daswani, P. G., Gholkar, M. S., & Birdi, T. J. (2017). Psidium guajava: A single plant for multiple health problems of rural Indian population. Pharmacognosy reviews, 11(22), 167.
23. Shabbir, H., Kausar, T., Noreen, S., Rehman, H. U., Hussain, A., Huang, Q., ... & Nawaz, A. (2020). In vivo screening and antidiabetic potential of polyphenol extracts from guava pulp, seeds and leaves. Animals, 10(9), 1714.
24. Review of Phytochemicals Present in Psidium guajava Plant and Its Mechanism of Action on Medicinal Activities
25. Zhang, H., Shen, G., Lu, H., Jiang, C., Hu, W., Jiang, Q., ... & Chen, L. (2024). Psidium guajava seed oil reduces the severity of colitis induced by dextran sulfate sodium by modulating the intestinal microbiota and restoring the intestinal barrier. Foods, 13(17), 2668.
26. Lin, H. C., & Lin, J. Y. (2021). Pharmacological effects of guava (Psidium guajava L.) seed polysaccharides: GSF3 inhibits PC-3 prostate cancer cell growth through immunotherapy in vitro. International Journal of Molecular Sciences, 22(7), 3631.
27. Lok, B., Babu, D., Tabana, Y., Dahham, S. S., Adam, M. A. A., Barakat, K., & Sandai, D. (2023). The anticancer potential of Psidium guajava (Guava) extracts. Life, 13(2), 346.
28. Prommaban, A., Utama-Ang, N., Chaikitwattana, A., Uthaipibull, C., Porter, J. B., & Srichairatanakool, S. (2020). Phytosterol, lipid and phenolic composition, and biological activities of guava seed oil. Molecules, 25(11), 2474.

HOW TO CITE: Dr. N. Astalakshmi, Ajith S, Arulmani M, Dinesh V, Iyyappan R, Lisha R, Dr. M. Surendra Kumar, A Review On The Species: Psidium Guajava L., Int. J. of Pharm. Sci., 2026, Vol 4, Issue 8, 1140-1148, https://doi.org/10.5281/zenodo.21837431