

***Rhus chinensis* Mill.**

Family: Anacardiaceae

A small deciduous tree with warty branches commonly known as Chinese sumac, *heimang*, *subma* or *nagatenga*. It belongs to the family of cashew and mango - Anacardiaceae and is widely distributed across higher altitudes throughout India. The ripe fruit is very sour, generally much eaten by many hill or foothill people, the Nepalese, Manipuris, and the others, and quite popular among the north-east Indian side.

The Chinese sumac or nutgall tree produces fruits which are globose drupes in the cluster. They were found to be rich in proteins, fats, and crude fiber. The major nutritive organic acids present are maleic, citric, and ascorbic acid. The oil generated from this is rich in oleic acid and is a good source of antioxidants. It is also having non-negligible amounts of many amino acids, especially leucine, arginine, aspartic acid, glutamic acid, and proline. Owing to its high nutrient contents, nutgalls, hold promise for their use in human health, as a functional food or food supplement, an antimicrobial agent, an antioxidant, for diabetic therapy, in the pharmaceutical and dermatology industries. However, their use is still quite restricted in the hills not yet reached the palates of the plain folks.

Photo: [www.envis.fliit.org](http://www.envis.fliit.org)● Locations showing dietary use of *R. chinensis*