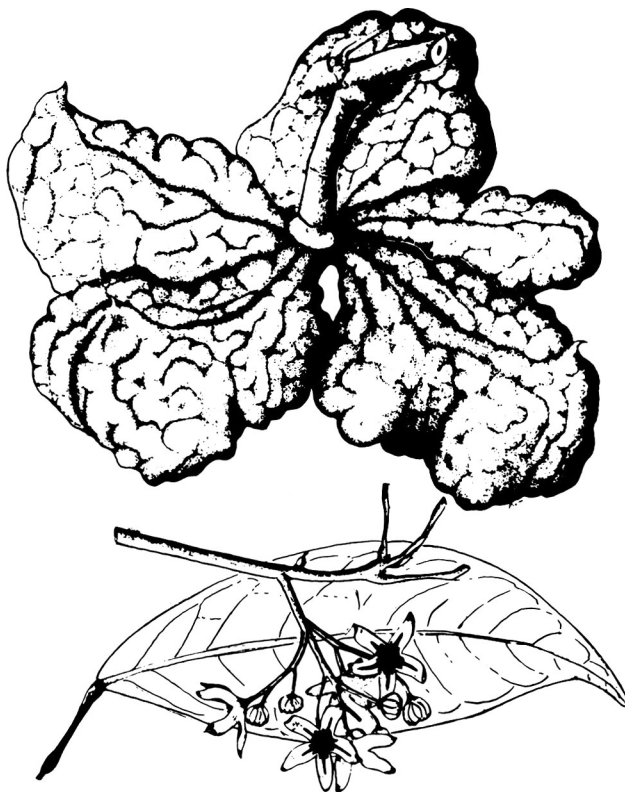


95. *COLA ACUMINATA* (Beauv.) Schott & Endl. (STERCULIACEAE) — Kola Nuts, Cola, Guru



Widely used as a flavor ingredient in cola beverages, but also used in baked goods, candy, frozen dairy desserts, gelatins, and puddings,<sup>29</sup> kola plays important role in social and religious life of Africans. Beverage made by boiling powdered seeds in water, equal in flavor and nutriment to cocoa. Seeds also used as a condiment. Dye utilized from red juice. Wood valuable, light in color, porous, and used in shipbuilding and general carpentry. Tree often planted as ornamental. Cola is said to render putrid water palatable.<sup>61</sup>

Nuts used as diuretic, heart tonic, and masticatory to resist fatigue, hunger, and thirst. The powdered bark is used for malignant tumors and cancer. The tea made from the root is said to remedy cancer.<sup>4</sup> A small piece of nut is chewed by Africans before mealtime to improve digestion. On the other hand, it is chewed as a stimulant and appetite depressant, e.g., during religious fasts. Jamaicans take grated seed for diarrhea.<sup>42</sup> Powdered cola is applied to cuts and wounds.<sup>2</sup> Formerly used as a CNS-stimulant and for diarrhea, migraine, and neuralgia.<sup>29</sup> Regarded as aphrodisiac, cardiogenic, CNS-stimulant, digestive, diuretic, nervine, stimulant, and tonic.<sup>32</sup> The fresh drug is used, especially in its native country, as a stimulant, social drug, being mildly euphoric.<sup>33</sup>

Kola nut important for its caffeine content and flavor; caffeine content 2.4 to 2.6%. Nuts also contain theobromine (<0.1%) and other alkaloids, and narcotic properties. Seeds also contain betaine, starch, tannic acid, catechin, epicatechin, fatty matter, sugar, and a fat-decomposing enzyme. From a bromatological point of view, cola fruits contain, per 100 g, 148 calories, 62.9% water, 2.2% protein, 0.4% fat, 33.7% carbohydrates, 1.4% fiber, 0.8% ash, 58 mg Ca, 86 mg P, 2.0 mg Fe, 25 µg carotene, 0.03 mg thiamine, 0.03 mg niacin, 0.54 mg riboflavin, and 54 mg ascorbic acid.<sup>21</sup> *Hager's Handbook* suggests 1.5 to 2%