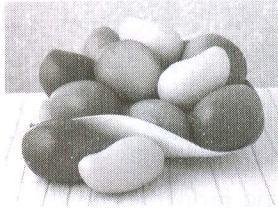


# Some Wonder Fruits

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## Mango

One of the most delicious and most fattening fruits, mango is truly called the 'King of Fruits'. A tropical fruit, it comes in as many as 1000 different varieties, each of them totally delectable. Though native to Southern and Southeast Asia, the fruit is now also grown in Central and South America, Africa and the Arabian Peninsula. Apart from being high in calories, mangoes are rich in many nutrients and hold great nutritional value. In fact, they have been known to have positive effects in case of a number of ailments.



### Health & Nutrition Benefits

- Mango, being high in calories and carbohydrates, is good for those who are trying to gain weight.
- The phenolic compound found in mangoes has been found to have powerful antioxidant and anticancer properties.
- Being high in iron, mango is said to be very good for pregnant women as well as for people suffering from anemia.
- Mango is believed to be effective in relieving clogged pores of the skin.
- The Vitamin A (beta-carotene), Vitamin E and selenium present in mango provide protection against heart disease.
- Mangoes have been found to be quite helpful in treating acidity and poor digestion.
- It is being said that the Vitamin E present in mango helps hormonal system function more efficiently and thus, boosts sex life.
- The anti-inflammatory properties of mango might help alleviate asthma symptoms.

### Other Benefits

Mango has been found to be beneficial for people suffering from the following ailments

- Bacterial Infections, Constipation, Diarrhea, Dysentery, Eye Disorders, Hair Loss, Heat Stroke, Leucorrhoea, Liver Disorders, Menstrual Disorders, Morning Sickness, Piles, Prickly Heat, Scurvy, Sinusitis, Spleen, Enlargement, Vaginitis

## Papaya

Having the shape of a pear, the papaya is a tropical fruit whose length can vary from seven to 20 inches. Though you will find the papaya being sold in the market the whole year round, it grows abundantly during the summer time. People all over the globe love eating the sweet-tasting papaya. But apart from being very tasty, papaya also nurtures several health benefits.



### Health and Nutrition Benefits

- Papaya contains 'papain', a digestive enzyme known for aiding digestion.
- When consumed ripe, this fruit being easily digestible assists in preventing constipation.
- A study reveals that when this fruit is consumed alone for three days, it has a useful tonic effect in the stomach and intestines.
- The juice of papaya assists in mitigating infections of the colon. It also helps in breaking down pus and mucus.
- The consumption of ripe papaya is said to help in the prevention of cancer in organs and glands with epithelial tissue.
- Papaya helps tremendously in preventing nausea, including morning sickness and motion sickness.
- When had with honey, the papaya seeds are known to be antihelminthic for expelling worms. So chew and swallow two teaspoonfuls of papaya seeds after the main meals during a day.
- Being a good bleaching agent, papaya forms a vital ingredient in liquid and bar bath soaps, hand washes, astringents and even detergent bars.

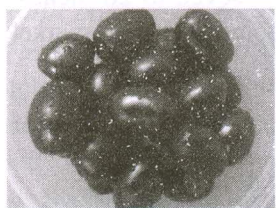




- Papaya has rejuvenating properties that especially assists in controlling early aging.
- Eating papaya on a regular basis is known to restore strength and health to the body.
- Papaya is a rich source of antioxidant nutrients like carotenes, vitamin C, vitamin B, minerals, fiber, etc. All these nutrients boost the health of the cardiovascular system, apart from providing protection against colon cancer.
- Being a rich source of fiber, papaya consumption helps in lowering high cholesterol levels.
- This fruit can be directly applied to skin sores also

#### *Jamun*

Black berry or Black plum is always appreciated for the color, flavor and taste of its fruit. When sucked, it changes the color of the tongue to purple due to its coloring properties. Besides these properties, its usefulness in treatment of diabetes is also praised by the people and health benefits of the fruit are appreciated by all.



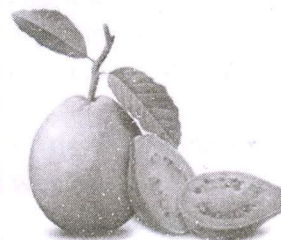
#### *Health & Nutrition Benefits*

The whole tree of Jamun is known for its medicinal properties. It is therefore used very extensively in traditional methods of medicine like Ayurveda and Unani.

- The bark, leaves, fruit and seeds are commonly used for treatments of various disorders.
- The bark of jamun has astringent, carminative, diuretic, digestive and constipating properties.
- It is good for sore throat, bronchitis, asthma, thirst, dysentery, blood impurities and ulcers
- Its fruit is a good tonic and have cooling effects.
- The fruits of jamun are used to prepare vinegar which is very good carminative.
- The ash from burnt leaves is good for gums and teeth.
- Many research studies have shown that jamun is one of the best medicines for treatment of diabetes and also other various ailments.
- For diarrhea the dried powder of jamun seeds is mixed with mango seed powder and jaggery.
- The paste of jamun leaves is very good to dry the pus-filled wounds.
- The diabetic patient can include jamun fruit and its dried seed powder to control the blood sugar level.
- To get relief from vomiting and its burning sensation, one can take extracts of soft mango and jamun leaves mixed in honey two times a day.
- The use of jamun as medicine will be more beneficial if taken in care of a doctor.

#### *Guava*

Guava is a tropical fruit, cultivated mainly in the Asian countries. It is quite similar in shape to pear and has a rind that is green in color and changes to yellow when it becomes over-ripe. Inside the rind, which is consumed along with the fruit and not peeled, there is flesh that is either white or pinkish/reddish in color.



#### *Health & Nutrition Benefits*

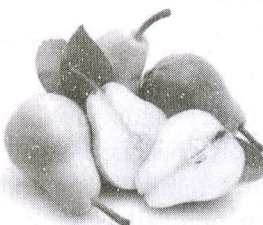
- Guava is a very good source of vitamins, fibers as well as minerals.
- Being rich in Vitamin C; guava is effective in treating male infertility caused by sperm clumping, adhesion and other abnormalities.
- Guava has been associated with healing of wounds, when applied externally.
- Guava has general haemostatic properties and can be used for treating bleeding nose, gums and minor internal hemorrhaging.
- Guava helps cure dysentery, by inhibiting microbial growth and removing extra mucus from the intestines.
- Guava helps the body in combating free radicals produced during metabolism and aids in preventing age-related chronic diseases, such as Alzheimer's, cataract and rheumatoid arthritis.
- Guava is one of the richest sources of dietary fiber and thus, is good for those suffering from constipation.
- Guava strengthens and tones up the digestive system and even disinfects the same.
- Guava, having high content of roughage, no cholesterol & less digestible carbohydrates, is good for those trying to lose weight.
- Guavas can improve the texture of skin and help avoid skin problems. For the purpose, you can either eat it raw or make wash your skin with a decoction of its immature fruits and leaves.
- Juice of raw and immature guavas or decoction of guava-leaves is known to bring relief in cough and cold.
- Researches have shown that guava is pretty effective in preventing cancer and even heart diseases in people.
- The presence of complex carbohydrates and dietary fibers in guava makes it effective in lowering cholesterol and blood sugar levels.
- The presence of Vitamin C and other phytonutrients,



such as carotenoids, isoflavonoids and polyphenols, in guava has led to it being an effective antioxidant. Guava has been found to be beneficial for people suffering from the following ailments:

Acidosis, Asthma, Bacterial Infections, Catarrh, Congestion of the Lungs, Convulsions, Epilepsy, High Blood Pressure, Obesity, Oral Ulcers, Poor Circulation, Prolonged Menstruation, Scurvy, Swollen Gums, Toothache

### *Pear*



Pear is a very delicious fruit that is quite closely related to apples and quinces. The skin of the fruit can be yellow, green, brown or red in color, or even a combination of two or more of these colors. The inside flesh, on the other hand, is white to cream-colored and is very juicy

and sweet. The flesh surrounds a core that comprises of seeds. Pears have a large, round bottom, which narrows down as we move towards its topmost portion. The fruit comes in large number of varieties, differing in terms of size, shape, color, taste and storage qualities.

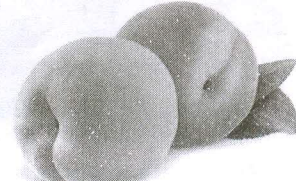
### *Health & Nutrition Benefits*

- Being rich in vitamin C, pears have antioxidant properties and are said to protect body cells from oxygen-related damage caused by free radicals.
- The presence of fiber in pears helps prevent constipation and also ensures regularity of bowel movement.
- Studies have revealed that eating pears help protect women against postmenopausal breast cancer.
- Pear is described as a hypoallergenic fruit that is less likely to produce an adverse response than other fruits.
- Regular consumption of pears might lower the risk of age-related macular degeneration, the main cause of vision loss in older adults.
- It has been seen that pears help lower blood pressure and also reduce the chances of a stroke.
- The high content of pectin in pears makes them useful in lowering of cholesterol levels.
- Pears have been found to be good for colon health.
- Pear juice, being rich in fructose and glucose, serves as a very quick source of energy.
- Drinking a glass of pear juice is believed to be helpful in bringing down fever.
- The antioxidant properties of pears make them good

for strengthening of the immune system.

- Consumption of pear juice helps relieve pain in various inflammatory conditions.
- The presence of boron in pears helps the body retain calcium and thus, reduces the risk of osteoporosis.
- The foliate in pear prevents neural tube defects in infants.

### *Peach*



Peach is a fruit native to china, but cultivated in almost all the countries with a cool climate. They have an outer skin that is reddish-yellow in color, while the

flesh is either white or yellow. Peaches that have a white flesh are usually very sweet and have very little acidity. However, the yellow-fleshed ones typically have an acidic tang, coupled with sweetness. A peach is extremely rich in vitamin A and potassium, apart from abounding in a number of other nutrients, making them rank very high in nutritional value and good for the health of an individual.

### *Health & Nutrition Benefits*

- Peaches help make the skin healthy and also add color to the complexion.
- It has been seen that consumption of peaches helps in the removal of worms from the intestinal tract.
- Being rich in Vitamin A, peaches might help prevent cancer in organs and glands with epithelial tissue.
- Peaches comprise of more than 80 percent water and are a good source of dietary fiber, making them good for those trying to lose weight.
- Consumption of peaches, on a regular basis, can keep your bowel movements regular and even prevent straining.
- Researches have suggested that peaches have good to excellent antioxidant activity, some antimicrobial activity and good to excellent tumor growth inhibition activity.
- Peaches have a small laxative effect and a powerful diuretic effect and thus, are recommended to people suffering from rheumatism and gout.
- Peach flowers have sedative properties and are good for children who are restless, especially when boiled in water with sugar and honey.

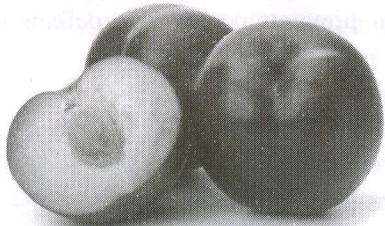
Peaches have been found to be beneficial for individuals suffering from the following ailments:

Acidosis, Anemia, Asthma, Bladder and Kidney Stones, Bronchitis, Constipation, Dry Cough, Gastritis, High Blood Pressure, Nephritis, Poor Digestion



## Plum

Plum is a fruit that is related to the family of peaches and cherries. It is one of those fruits that are rich in



dietary fiber, which in turn proves effective in improving the digestive system.

There are thousands of varieties of plums that are

available throughout the world, ranging in colors like red, blue-black, purple, yellow, green or amber.

### Health and Nutrition Benefits

- Plums, even their dried form known as 'prunes', are high in unique phytonutrients called neochlorogenic and chlorogenic acid. Their function is that of an antioxidant and is of much benefit to the body.
- Since plums are rich in antioxidants, they provide protection from superoxide anion radical and also prevent damage to our neurons and fats that form a part of our cell membranes.
- Consumption of plums helps in the production and absorption of iron in the body, thus leading to better blood circulation, which further leads to the growth of healthy tissues.
- Regular consumption of plums can prevent macular degeneration and any other infection of the eye, in the long run. Your eyes will be healthy and strong for long time and you can also retain a sharp eye-sight.
- Researchers have found that plums have anti-cancer agents that may help prevent the growth of cancerous cells and tumors in the body.
- Eating plums also reduces your chances of contracting a heart disease in the long run. Plums have certain cleansing agents that keep the blood pure and prevent complications of the heart.
- Plums have high content of Vitamin C, which means that they help protect the body against health conditions like asthma, colon cancer, osteoarthritis and rheumatoid arthritis.
- Plum juice concentrate is effective in preventing and reducing human influenza A.

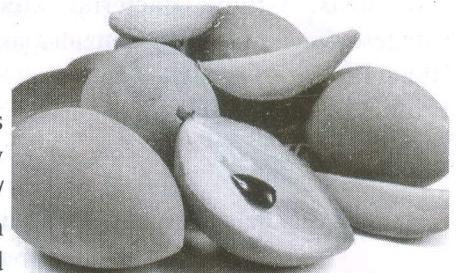
### Chikoo/Sapodilla

The chikoo is a tropical evergreen tree that yields fruit twice a year, though flowering may continue year round. The fruit has a high latex content and does not

ripen until picked. Some are round and some are oval with pointed ends. Chiku is one of the best delicious and healthy tropical fruit cultivated in huge quantities in india, pakistan and mexico.

### Nutritional and Health benefits

Sapodilla is rich in dietary fiber (5.6 g/100g), which makes it a good bulk laxative.



The fiber content helps relieve constipation episodes and helps protect the mucous membrane of the colon from cancer causing toxins by firmly binding to them.

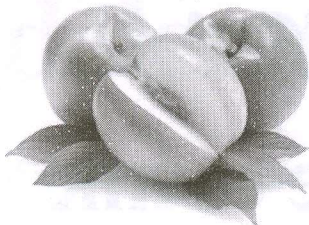
- The fruit is rich in antioxidant poly-phenolic compound tannin. Tannins are a complex family of naturally occurring polyphenols that neutralize acids by precipitating proteins. Research studies found that tannins have shown to have potential anti-inflammatory, antiviral, anti-bacterial, and anti-parasitic effects. Hence, these compounds have many useful medicinal applications such as anti-diarrheal, hemostatic (stops bleeding) and as a remedy for hemorrhoids.
- Furthermore, the anti-inflammatory effect of tannins help limit conditions like erosive gastritis, reflux-esophagitis, enteritis, and irritating bowel disorders. Some other fruits that are rich in tannins include pomegranate, persimmon, grapes..etc.
- Sapote contains good amount of antioxidant vitamins like vitamin C (24.5% of recommended daily intake per 100 g of fruit) and vitamin A. Vitamin A is essential for vision. It is also required for maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin A has been known to protect from lung and oral cavity cancers. So also, consumption of foods rich in vitamin C helps body develop resistance against infectious agents and scavenge harmful free radicals.
- Fresh ripen sapodilla are good source of minerals like potassium, copper, iron and vitamins like folate, niacin and pantothenic acid. These compounds are essential for optimal health as they involve in various metabolic processes in the body as cofactors for the enzymes.

### Nectarine

Nectarine is a medium-sized deciduous tree with arching branches. It requires very cold winter season



followed by warm weather for the proper development of buds. White or pinkish-white flowers appear in early spring, which develop subsequently into attractive fruits by June.



The fruit appears same as that of peach, however, main differences are that it is smaller and has a smooth surface unlike fuzzy surface in peach. As in peach, it features vertical suture that extends from the stem end to tip.

#### *Health benefits of Nectarine*

- Juicy, delicious nectarines are low in calories (100 g just provide 44 calories) and contain no saturated fats. They are indeed packed with numerous health promoting anti-oxidants, plant nutrients, minerals and vitamins.
- The total measured anti-oxidant strength (ORAC value) of 100 g raw nectarine fruit is 750 TE (Trolox equivalents).
- Fresh nectarines have small amounts of vitamin C. 100 g provides 5.4 mg or about 9% of daily-recommended levels. Vitamin-C has anti-oxidant effects and is required for connective tissue synthesis within the human body. Consumption of fruits rich in

vitamin C helps the body develop resistance against infectious agents, and help scavenges harmful free radicals.

- Nectarines have small but healthy concentrations of other anti-oxidant vitamins such as vitamin A, vitamin E and flavonoid poly phenolic anti-oxidants *lutein*, *zea-xanthin* and  *$\beta$ -cryptoxanthin*. These compounds help act as protective scavengers against oxygen-derived free radicals and reactive oxygen species (ROS) that play a role in aging and various disease processes. Further vitamin A is also required for maintaining healthy mucus membranes and skin. Consumption of natural fruits rich in vitamin A is known to offer protection from lung and oral cavity cancers.

The fruit is a healthy source of some of B-complex vitamins and minerals. It is good in niacin, pantothenic acid, thiamin, and pyridoxine. In addition, it contains an appropriate ratio of minerals and electrolytes such as potassium, iron, zinc, copper and phosphorus. Iron is required for red blood cell formation. Potassium is an important component of cell and body fluids that help regulate heart. ■

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