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POMEGRANATE: AS AN IMMUNITY BOOSTER

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Pomegranate is an important fruit crop of India. It has anti-oxidant, anti-viral and anti-tumor properties and is also a good source of vitamins, especially vitamin A, vitamin C, and vitamin E. Pomegranate is also an essential source of folic acid. punicalagin and puniceic acid are two beneficial compounds found in pomegranate. The antioxidants present in pomegranates are almost three times higher than wine or green tea, which is highly essential for human health. It is also an important fruit crops for boosting the immunity and help in fighting the Type-2 diabetes, stabilize the blood pressure, proper digestion and skin related issues. The Pomegranate is a rich source of carbohydrate and natural sugar, it contains 14 gm of carbohydrates, 11 gm of sugar, 3 gm fiber and 1 gm protein.

Pomegranate fruit is mentioned in most of the theological books; hence it is also called as the divine fruit. It contains a range of plant compounds which help in reducing the blood pressure and also reduce the risk of

prostate cancer. Pomegranate also plays an important role in boosting the immunity during the covid-19 pandemic.

Pomegranate also boosts the immunity with the help of its anti-inflammatory properties. The antioxidant present in pomegranate also helps in fight inflammation. It also helpful for arthritis patients. Pomegranates may also protect against neuroinflammation and may help slow the progression of neurodegenerative disorders and memory impairment.

Pomegranate is rich in polyphenols, which are powerful antioxidants. The antioxidants in fruits can help reduce levels of reactive oxygen species (ROS), a type of free radical, in the body. The body produces ROS during metabolism and other processes. Exposure to toxins, such as tobacco smoke, can also increase ROS levels. High levels of ROS can lead to oxidative stress, resulting in cell damage and inflammation. Oxidative stress may contribute to metabolic disease, cancer, and other health issues. Antioxidants help remove ROS from the body. The antioxidants in pomegranate juice can help remove ROS and protect the body from damage

Pomegranate is a good source of vitamin E, which is an antioxidant, vitamin K, which is essential for blood clotting and magnesium, which helps manage blood pressure and glucose levels

Ingredients in pomegranate juice may help prevent the formation of amyloid plaques in the hippocampus, the ingredients in pomegranate helped restore the activity of certain enzymes. pomegranate juice also provides benefits to the people with inflammatory bowel disease (IBD) and other bowel conditions .Polyphenols have anti-



inflammatory and antioxidant properties. As a source of polyphenols, pomegranate could be suitable for treating various inflammatory conditions.

Pomegranate juice may help lower blood pressure and protect the heart and arteries. According to research, it has been found that pomegranate juice could reduce oxidative stress in the cardiovascular system and lower the risk of forming cholesterol, accumulating unhealthy fats, or oxidized lipids, in the blood vessels and developing atherosclerosis. People have also used pomegranate for centuries for its antimicrobial properties.

The other important use of pomegranate includes

- Improving heart health
- Lowering inflammation
- Protecting against infection
- Reducing dental plaque

The high fibre content of pomegranates makes it an effective tool for regulating bowel movement and improving gut health. This can not only help in treating constipation and stomach discomfort, but will also reduce your risk of stomach problems and bowel diseases.

Pomegranates are rich in antioxidants, which will help to increase blood flow to the uterus and promote a healthy uterine lining. In addition, pomegranates contain some important vitamins, such as vitamin C, vitamin E and folic acid. All of these are beneficial for a healthy pregnancy, and for those trying to conceive. The abundant antioxidants found in pomegranates will help strengthen your hair follicles and improve blood circulation in the scalp. This will not only help your hair grow out faster, but also keeps them healthy and strong to reduce breakage. Pomegranates are dermatologically proven to be helpful in rejuvenating dry and dull skin, and have shown good anti-ageing effects with the reduction of dark spots and wrinkles by countering the effects of sun damage. The rich antioxidants found in the fruit have an anti-inflammatory effect, which may help in reducing skin troubles like acne and eczema. The high vitamin C content in pomegranates also help in regulating the production of sebum, which is one of the main factors responsible for acne and pimples. Additionally, pomegranates help with skin cell regeneration by increasing blood circulation, which aids your skin in the tissue repair and scar healing process.

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