

Guava: A Healthy Fruit with Therapeutic Benefits

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Introduction:

Unquestionably, it is a fruit that our grandmothers always praised well enough. Guava also known as Amrood (in Hindi) comes loaded with small hard seeds at the center. It is thought to have originated in Central America, where it goes by the name "sand plum." It is round or oval in shape with light green or light yellow skin, and the colour of its flesh varies from white (Allahabad Safeda) or pink to dark red (Lalit) and has edible seeds. Besides its unparalleled flavour and fragrance, guava has been hailed as one of the super fruits due to the numerous health benefits it offers. It indeed is a treasure of nutrients. "This humble fruit is extraordinarily rich in vitamin C, lycopene and antioxidants that are beneficial for skin. Guavas are also rich in 'Mn (Manganese)' which helps the body to absorb other key nutrients from the food that we eat.

The presence of folate, a mineral that aids in promoting fertility, is credited with giving guavas their health benefits. Guavas'

potassium content supports healthy blood pressure levels as well. It keeps your skin hydrated because it is around 80% water.



Nutritional Facts of Guava:

Fruits like guava are rich in nutrients. Given its enormous deliciousness, guava has a moderate number of calories per serving. It is high in fibre and proteins and contains very little fat. Guavas' distinct sweetness is a result of their high sugar content.

Other vitamin B constituents like niacin, thiamine and riboflavin are present in

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considerable quantities. Smaller amounts of vitamin A and K are also present. Guavas also have significant amounts of magnesium, phosphate, and manganese. Other minerals like calcium, iron, and zinc are also present, but in lesser amounts.

| Nutrients | Amount |
|---|--------|
| Protein (gram) | 2.6 |
| Vitamin B₆ (%) | 5 |
| Total Fat (gram) | 1 |
| Total Carbohydrate (gram) | 14 |
| Iron (%) | 1 |
| Calcium (gram) | 18 |
| Magnesium (%) | 5 |
| Sodium (milligram) | 2 |
| Potassium (milligram) | |
| Phosphorus (milligram) | 40 |
| All values as per 100 gram of edible portion | |

Medicinal Value of Guava:

- **Guava act as an ant carcinogenic-** A number of polyphenols, including lycopene, quercetin, vitamin C, and others, work as strong antioxidants to combat free radicals produced by the body and stop the development of cancer cells. Due to its high lycopene content, guava fruit has demonstrated widespread efficacy in lowering the risk of prostate cancer and

inhibiting the formation of breast cancer cells.

- **Diabetes-Friendly-** In a study it found that the guava fruit without peel is more effective in lowering blood sugar as well as total cholesterol etc. The guava contains a model amount of 5 grams of sugar per fruit. Guavas stop the onset of diabetes due to their high fibre content and low glycemic index. The presence of fibre guarantees that sugar levels are properly controlled while the low glycemic index prevents a sudden surge in sugar levels.
- **Healthy for the Brain-** Vitamins B3 and B6, also known as niacin and pyridoxine, respectively, are found in guavas and aid to improve blood flow to the brain, enhance cognitive performance, and calm the nerves.
- **Beats tooth pain-** Guava leaves contain strong anti-inflammatory and antibacterial properties that fight inflammation and eradicate germs. Choose only the leaves that are delicate. Guava leaf juice has also been reported to treat mouth ulcers, inflamed gums, and toothaches. Guava leaf consumption is an excellent at-home treatment for toothaches. In order to reduce dental sensitivity, we may also boil guava leaves and add salt to the boiling solution before using it as a mouthwash.

- **Booster of Immunity-** The vitamin C concentration of guava fruit is four times that of oranges. You are protected against common diseases and viruses and your immune system is boosted by vitamin C. A study demonstrates that vitamin C can shorten the duration of a cold and combat microorganism. Additionally, it has enough vitamin A to maintain the health of your eyes.
- **Treats indigestion-** One guava has about 12% of the daily required amount of fibre, making it one of the greatest sources of dietary fibre among fruits. This makes it very healthy for your digestive system. Additionally, guava leaf extract might be advantageous for intestinal health. When consumed whole or chewed, guava seeds act as ideal remedies as well, promoting the development of regular bowel motions. All of these lower the possibility of constipation.
- **Heart wholesome-** It aids in restoring the body's equilibrium between sodium and potassium, lowering blood pressure in those with hypertension. Guava leaves also aid in reducing triglyceride and bad cholesterol levels while raising good cholesterol, both of which contribute to the emergence of heart ailments. This delightful fruit raises levels of healthy cholesterol.
- **Better vision-** Guava is well known for enhancing eye health since it contains vitamin A. Not only may it stop vision from deteriorating, but it can also positively impact vision. Macular degeneration and cataract development may be slowed down. Guavas are still a very good source of vitamin A despite not being as high in the nutrient as carrots.
- **Stress-Buster-** One of the many advantages of guava is that it helps to relax the body's muscles and nerves thanks to the magnesium that is present in the fruit. Drinks made from guava leaves and ashwagandha may aid in stress management. Therefore, a guava is unquestionably what you need to unwind your muscles, reduce stress, and give your body a wonderful energy boost after a strenuous workout or a long day at the job.
- **Cold and Cough-** Guava is one of the fruits with the highest concentrations of iron and vitamin C, both of which have been shown to be protective against viral and bacterial illnesses. Since it helps clear mucus and sanitizes the respiratory system, throat, and lungs, the juice of raw, immature guavas or a decoction of guava leaves is highly beneficial for treating cough and cold symptoms.
- **Anti-Aging Features-** People detest having fine lines and wrinkles on their faces.

Vitamins A, C, and antioxidants like carotene and lycopene found in guavas help to prevent wrinkles in the skin. As guava leaves have antioxidant properties, it is used in some high-end luxury skincare product.

- **Enhanced Condition-** Guava aids in restoring the freshness and shine of the skin. Benefits of making a DIY scrub at home include: Simply combine some guava flesh and an egg yolk, then apply it to your face. After 20 minutes, rinse with warm water. This scrub will brighten your skin and remove dead skin cells from it when applied once or twice a week.

A large, semi-transparent watermark of the magazine's logo is centered on the page. It features the text "NEW ERA" in a large, bold, sans-serif font, with "AGRICULTURE MAGAZINE" in a smaller font below it, separated by a horizontal line. The logo is surrounded by a laurel wreath and a sunburst design.