



Lycopene in Tomato: A Natural Antioxidant

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Abstract:-

Tomatoes are not only delicious, but they also contain lycopene, which is a kind of superpower. Tomatoes get their bright red color from lycopene, which also provides amazing health benefits. Think of it as a shield that protects our bodies from harmful substances. We will discuss the definition of lycopene and its potential health benefits in this article. Now let us explore the incredible health benefits of tomato lycopene, one of nature's most powerful antioxidants.

Introduction:

Imagine lycopene as a superhero that protects our bodies from dangerous toxins present in tomatoes. However, the benefits of lycopene for human health are real, unlike those of comic book characters. Imagine lycopene as a superhero that protects our bodies from the dangerous toxins contained within tomatoes. However, the benefits of lycopene for human health are real, unlike those of comic book characters. So then, what is it about lycopene that is so unique?

cancer, heart disease, and premature aging. But don't panic; lycopene helps keep our cells happy and healthy by warding off these troubles. However, the health benefits of lycopene go far beyond its ability to fight free radicals. Regular consumption of lycopene-rich foods like tomatoes is linked to a reduced risk of heart disease by lowering blood pressure and "bad" LDL cholesterol levels. It's like equipping your heart with a shield to protect it from prevalent health threats.

First, because lycopene is an antioxidant, it helps protect our cells from damage caused by dangerous substances known as free radicals. These pesky free radicals can wreak havoc in our system, resulting in a number of health problems like

Health benefit

Lycopene has been linked to protection against cancer, especially prostate cancer in men. According to research, the antioxidant properties of lycopene may help prevent the formation of cancer cells and reduce the

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likelihood of developing certain cancers. Because of this, tomatoes are not only a delicious side dish, but also a strong ally in the fight against cancer. Lycopene is also excellent for maintaining the health and youthfulness of our skin. Its antioxidant properties help prevent accelerated aging and solar damage induced by UV radiation. For more skin protection, think about adding more tomatoes to your diet the next time you're relaxing in the sun. Plus, find out the role of lycopene in maintaining eye health and preventing age-related macular degeneration.

and makes it easier for our systems to absorb. Additionally, eating tomatoes with a small amount of fat, such as olive oil, can increase lycopene absorption. Therefore, to optimize the health benefits of tomato lycopene, it is important to prepare and consume tomatoes in a way that optimizes our bodies' absorption of this antioxidant.

Supplementation and cooking methods

Supplementation means taking pills or capsules containing lycopene. Although this is easier, lycopene is usually better obtained from whole foods such as tomatoes, because they



Bioavailability

The amount of a vitamin that our bodies can actually use after eating it is called its bioavailability. The bioavailability of tomato lycopene can be affected by a variety of factors, such as the cooking or processing method used. For example, cooking tomatoes increases the amount of lycopene they contain

contain other nutrients as well. How we cook tomatoes has an impact on the amount of lycopene our bodies absorb. The cell walls of tomatoes break down during cooking, which facilitates the absorption of lycopene by our bodies. Therefore, roasting or boiling tomatoes increases the amount of lycopene in them. We can optimize the health benefits of tomato

lycopene by choosing whole foods and cooking them according to specific methods.

Future prospectus

Researchers are eager to learn more about the health benefits of tomato lycopene in the future. Researchers are investigating its potential benefits for various medical issues such as diabetes and bone health. Additionally, researchers are investigating new ways to increase the lycopene content of tomatoes through genetic engineering and breeding. In addition, there is a growing interest in creating skincare products and supplements based on lycopene. We may discover even more health benefits and enhance general health by researching and using tomato lycopene.

Conclusion

In short, tomato lycopene is a natural health superhero. Its antioxidant properties are amazing, providing everything from heart protection to skin glow. We can easily reap these tremendous health benefits and live our best lives by eating more tomatoes and cooking wisely.

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