

Beneficial Properties of Pomegranate Fruit in Treating Constipation, Boosting Memory And Various Other Uses For Human Body

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Abstract: Pomegranate also known by its scientific name-*Punica granatum* which is categorized as berry, has thick and inedible skin, seeds and arils are eaten raw or in the form of juice. Pomegranate fruit being a healthy fruit has several beneficial uses due to its naturally available properties. It helps in treating constipation and Alzheimer's. It also boosts memory. There are several other uses for human body such as anti-inflammatory, antibacterial, antiviral, antimicrobial responses which help against infections. Currently, constipation is a major concern amongst all the age groups all around the world. Constipation is a condition when the stools are not passed for more than or equal to 72 hours and face repetitive difficulties while passing the stools. Moreover, constipation is becoming a leading cause for IBS, IBD, problems related to liver, gut health. It even leads to psychological disturbances and migraine. The insoluble fiber in the pomegranate plays a major role in relieving the pain caused by constipation by acting as a prebiotic, boosting the gut health. Hence it is a more natural and cost-effective way with no side effects as seen due to the consumption of laxatives or similar OTC products used to relieve constipation and its consequences. Furthermore to discuss in Alzheimer's which is also called as "diabetes of the brain", recent evidence based studies have claimed that pomegranate fruit does wonders by reducing the symptoms by as much as 50%. It has also shown improvements in the brain functioning and overall behavior of the patient.

In the view of various side effects due to medications, the pomegranate fruit can be used as a source of relief from constipation and enhancement in the brain functioning.

Keywords: constipation, insoluble fiber, memory, Alzheimer's, antioxidant, anti-inflammatory, antibacterial, OTC.

1. INTRODUCTION:

Pomegranate also known as *Punica granatum* is now booming as one of the healthiest fruits on our planet Earth. Packed with two vital compounds- *punicalagins* and *punicic acid*, responsible for several health benefits.

Earlier it was merely known as a natural fruit source to increase Hb levels in the human body, but the recent studies and evidence shows the other important factors and uses hidden in this Superfruit which include properties like anti-inflammatory, antibacterial, antiviral, antifungal. It is a nutrient-loaded fruit including bundles of essential antioxidants, fiber especially insoluble fiber, proteins, vitamins and minerals. Fruits have fructose i.e. sugars which are in their natural forms, hence can be consumed in liberal amounts and guilt-free.

Following are the chemical plant compounds found in pomegranate fruit:

Punicalagins

Found in its juice and peel are antioxidant rich and it has been found to have thrice the amount of antioxidants to that of red wine and green tea.

Due to its high antioxidant content, the peel is made into an extract or powder form for use.

Punicic acid.

The polyunsaturated fatty acid (conjugated linoleic acid), in the pomegranate seed oil is potential to have biological effects.

Nutritive Values of Pomegranate Fruit (100 gm).

Dietary Fiber – 16%

Protein – 3%

Vitamin C -17 %

Vitamin K - 12%

Potassium - 6%

100 gm of pomegranate arils contains 14 grams of sugars and 83 calories

2. RELATION BETWEEN CONSTIPATION AND POMEGRANATE:

Constipation is a condition that is affecting children and adults of all ages. According to a recent survey, approximately 16 out of every 100 people are affected with constipation.

Natural dietary fiber helps in relieving constipation. There is a chance of decreased risk of constipation when there is consumption of high insoluble fiber foods. According to a published study, around 80% of the dietary fiber in an average pomegranate is insoluble fiber i.e. around 2.8 grams in each serving. Insoluble fiber forms the bulk, increases peristalsis movement and intestinal motility.

Constipation may be caused by a number of lifestyle factors like untimely or undisciplined food habits, lack of dietary fiber and poor water intake. Most effective treatment is to bring changes in the learned behaviors of an individual and increasing the consumption of dietary fiber.

The insoluble fiber in the pomegranate helps to boost the gut health by acting as a prebiotic which eventually acts as a laxative and makes the transmission smoother.

Although it is always suggested to eat whole fruits rather than drinking juice to avail maximum fiber and satiety.

3. RELATION BETWEEN ALZHEIMERS, MEMORY LOSS AND POMEGRANATE:

Alzheimer's disease hampers the regular brain functioning including cognitive, behavioral and memory loss due to beta-amyloid plaque formation.

Many scientists and researchers have claimed Alzheimer's with various names "Type 3 Diabetes, T3D, Diabetes of the brain/ brain diabetes" due to inefficiency of the brain to use insulin, eventually leading to the death of the brain cells.

The high concentration of antioxidants present in the pomegranate juice are believed to hamper the progress of Alzheimer's disease and also prevent memory loss.

Researchers believe that this compound present in pomegranate may help in fighting against Alzheimer's disease with reduced inflammation in microglia, specific type of brain cells.

The plaque buildup related to Alzheimer's disease can be reduced by about 50% by consuming a glass (40-50ml) of pomegranate juice every day. In an animal study, the results of having pomegranate juice (30ml) every day for a period of 6 months came out as- 50% less plaque formation in their brains, improved their learning and memory.

A similar kind of study was done with Alzheimer's patients undergoing surgery and the results were positive unlike to those patients who were deficit i.e. they did not consume pomegranate in any form.

According to the new evidence pomegranate also confirms the stimulation of new neurons in the brain.

4. OTHER VARIOUS USES:

Following are a few other evidence based benefits and uses of the pomegranate fruit for the human body:

4.1 Anti-inflammatory Effect:

One of the many leading factors of serious illnesses and diseases inclusive of heart diseases, cancer, type 2 Diabetes, Alzheimer and even obesity is Chronic Inflammation.

The antioxidant properties of the punicalagins govern the potential anti-inflammatory response of the pomegranates.

Test-tube studies found out the reduction of inflammatory response in the GI tract as well as breast and colon cancer cells.

4.2 May Lower Blood Pressure:

In one of the study conducted on group of people with hypertension were advised to consume 30ml of pomegranate juice for two weeks of period and result was significantly observed positive.

Several other studies found similar results specifically for systolic blood pressure--the higher number in the reading of blood pressure.

4.3 May Lower the Risk of Heart Diseases:

Punicic acid present in the pomegranate may help against the steps that progressively leads to heart diseases.

Several human studies have found out the benefits of pomegranate against heart related diseases as it improves the blood cholesterol levels and inhibits oxidative damage that occurs from the LDL cholesterol.

Therefore, a pomegranate a day for your better heart health.

4.4 Helps Fight Infections:

The chemical plant compounds and the antioxidants present in the pomegranate helps fight against harmful microorganisms which infect or cause illnesses.

The antibacterial and antiviral properties may be positively effective against several gum diseases and yeast related infections.

Pomegranate juice rinse may help in combating gum or mouth infections, bad breath and dental caries which forms cavities

4.5 Detoxification:

Pomegranate seeds are red because of an antioxidants present which is known as Anthocyanin.

This antioxidant helps the body by protecting it from allergies, inflammation, any DNA damage, infections or illnesses thereby giving that necessary boost to the immune system.

Detoxing effect can help in intestinal cleansing and blood purification.

4.6 Maintains Clear Skin:

The natural antioxidants and antimicrobial properties provides a protecting layer against the UV rays and helps eradicating any bacteria or fungus on the skin.

Pomegranate helps in Detoxifying the impurities present in blood and body which provides glowing effect to the skin and makes skin look clear, smoother.

The antioxidants present in the pomegranate fruit also help in slowing down the skin aging process.

Coarsely crushed seeds of the pomegranate fruit acts as a natural exfoliator which helps in getting rid of dead skin cells, decreasing acne and ageing signs giving it an even wrinkle free, radiant glow to the skin.

4.7 Exercise Performance:

According to recent studies, Pomegranate fruit helps in improving exercise performance as it is rich in dietary nitrates. However it is observed that pomegranate like beets may be effective in increasing endurance and enhancing performance.

Pomegranate seeds or its juice when included in the pre and post workout meals may help in reducing the soreness, oxidative damage and boosting recovery speed.

5. CONCLUSIONS:

This will help you to get an answer to the question – why to choose only pomegranate fruit?

Titled or tagged as a Superfood in recent years, pomegranates have grown their popularity as a Superfruit to boost optimum inside out health requirements.

The powerful antioxidants present in this fruit are the Polyphenols.

A natural dietary source is always better than an artificial supplement.

Several studies have also found, that a natural source of pomegranate fruit helps relieving constipation with no side effects when compared to those using heavy laxatives.

Daily consumption of pomegranate has been proven to be effective in preventing memory loss if not getting completely rid of it.

Natural and an inexpensive source for proper functioning of the body and optimal health.

FUTURE ASPECTS:

Food products like syrup, jam, essence may be made available in the market for purchase.

Pomegranate peel extract or the seed oil may be used in cosmetics and skincare products for a naturally effective response and results.

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