



# Medicinal Benefits of Bitter Gourd and Jamun Juices: A review

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## Abstract

Bitter gourd and Jamun juices contain amazing medicinal benefits; from iron, magnesium and vitamin to potassium and vitamin C. An excellent source of dietary fibre, it also contains twice the calcium of spinach, beta-carotene of broccoli, and the potassium of a banana. that bitter gourd juice has powerful anti-oxidants along with vitamin A and C which prevent premature skin ageing and diminishes wrinkles. The nutrients vitamin A, vitamin C, Biotin and Zinc impart shine and lustre to your looks.

**Keywords:** Anti-oxidants, Blood purification, Natural energizer, Ant-aging

Bitter gourd juice contains important nutrients ranging from iron, magnesium and vitamins to potassium and vitamin C. An excellent source of dietary fiber, it also contains twice the calcium of spinach, beta-carotene of broccoli, and the potassium of a banana. The bitter gourd juice is shown in Fig. 1. Bitter gourd or Karela is a green-skinned vegetable with white to translucent flesh. It is equally known as bitter melon, bitter cucumber



Fig.1: Bitter Gourd and Juice

## Nutritional Value of Bitter Gourd

According to the USDA, 100 grams of bitter gourd has about 34 calories with 13 milligram sodium, 602

milligrams potassium, 7 gm total carbohydrate and 3.6 gm protein. Know the following benefits of bitter gourd juice.

## Must Know Facts of Bitter Gourd:

Karela is said to have twice the calcium content of spinach and beta-carotene found in broccoli. These contents are rich in antioxidants and anti-inflammatory properties(Aslam and Stockley, 1979).

Karela can lower bad cholesterol and reduce risks of suffering from heart diseases including strokes. It improves respiratory system, skin glow as it contains anti-ageing properties.. Karela is the best natural weight loss food that can be added to fitness diet. This is because this vegetable consists of low calories, fat and carbohydrates. Similar to that of ragi, this bitter vegetable curbs hunger.

**How to cite this Article:** Sivala Kumar, 2020, Medicinal Benefits of Bitter Gourd and Jamun Juices: A review, 8(Special Issue) : p 123–126.

**Source of Support:** None; **Conflict of Interest:** None