

Bitter Gourd: A Miraculous Medicine

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Introduction

Bittergourd (*Momordica charantia*) belongs to family cucurbitaceae and is widely grown for its

edible fruit, which is among the most bitter of all fruits. It is known by various name like karela, balsam pear, bitter melon, bitter gourd, goya, ampalaya. *M. charantia* is an annual climbing vine probably native to tropical and sub-tropical Africa. It is now widely distributed to tropical and subtropical regions on all continents. Momordica comprises 59 species distributed in the warm tropics. *Momordica charantia* is the most widely cultivated species of Momordica. Bitter gourd is a green skinned vegetable with white to translucent flesh and a taste that fits its name. Important varieties for its cultivation are - CBM-12(Anti diabetic variety), Priyanka & Preeti (White coloured), Pusa vishesh (For pickling & dehydration).

Nutritional value in bitter gourd

100 grams of raw bitter contains:

Calorie - 16

Dietary fibre - 2.6g

Carbohydrate - 3.4g

Fat - 158mg

Water - 87.4g

Protein - 930mg



Health benefits of bitter gourd

A number of clinical studies have been conducted for evaluating the efficiency of bitter gourd for human health. Majority of these results beneficial for human health.

Bitter gourd is rich source of anti-oxidants, flavonoids, iron, Vitamin A and C which are good for the skin. It is very important part of our diet. Various benefits of bitter gourd are-

Aids in weight loss.

It prevents diabetes.

It reduces ageing and fights acne.

Purifies the blood.

It is good for heart.

It prevents skin disorder.

Control hair loss and make it shinny.

It has cancer fighting properties.

Rich source of iron 2mg/100gm.

It helps in bringing down blood pressure.

It boosts our immunity.

Keeps the eyes healthy.

Various products of bitter gourd

Bitter gourd is very beneficial for human health. It can be taken as cooked or in various forms.

Various products are-

Karela capsule

Karela powder

Karela pickle

Karela juice

