

# Unlocking the Benefits of Ash Guard Juice: A Health Revelation

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The ash gourd plant grows as a trailing vine every year. *Benincasa hispida* (Thunb) is its scientific name, and it is a member of the Cucurbitaceae family. It has a distinctive fruit that resembles a melon and is frequently consumed for its therapeutic and practical benefits. In South East Asia, including India, Japan, China, Myanmar, Malaysia, China, Indonesia, and Taiwan, ash gourd plants are grown in warm, humid tropical regions.<sup>1,2</sup>



Did you know that the ash gourd fruit is also known as the wax gourd because of the waxy sheen on its skin and the ash color of its skin. It is commonly cultivated during the rainy season and is also known as the Winter melon. The Ayurvedic concoction of ash gourd, called "Kushmanda" in Sanskrit, was regarded to have therapeutic powers in prehistoric medical systems. The ripe ash gourd fruit is steeped in sugar syrup before being used to make the most well-known dessert, "Agra ka Petha." You may be familiar with some of the other names for ash gourd, including Donggua in Chinese, Beligo in Indonesian, White gourd, White pumpkin, and Ash pumpkin.<sup>1,2</sup>

Let's read more about the beneficial properties and potential uses of this Ayurvedic ash gourd juice.

## Nutritional value of Ash gourd juice

The essential nutrients of ash gourd fruit are proteins, flavonoids, carotenes, vitamins, minerals, volatile oils, etc. Ash gourd fruit is majorly composed of 96% water; the remaining nutrients are as follows:<sup>1,3</sup>

**Table 1: Nutritional Value of Ash gourd fruit per 100 grams.<sup>1</sup>**

Nutrient Components	Value/100 grams
Carbohydrate	3.96 g
Protein	12 g
Fibre	2.9 g
Zinc	0.6 mg
Calcium	30 mg
Iron	11.8 mg
Vitamins B1	0.04 mg
Vitamin B3	0.528 mg
Vitamin B2	0.145 mg
Vitamin C	17.2 mg
Vitamin B6	0.046 mg
Vitamin B5	0.176 mg

## Properties of Ash gourd juice

A typical vegetable with potential health benefits is the ash gourd fruit. The bioactive nutrients may provide potential advantages in treating a number of chronic disorders.<sup>3</sup> Ash gourd juice has the following qualities:

- It could have prebiotic (good bacteria producing) potential.
- It may reduce acidity by acting as an antacid.
- It could function as a detoxifier, clearing the body of toxins.
- It could possibly have an anti-inflammatory effect.
- It could lower fever.
- It could have anxiolytic (anxiety-relieving) effects.
- It may help prevent seizures by having an anticonvulsant effect.
- It might be beneficial for depression
- It could function as an antioxidant and reduce blood glucose levels.
- It might aid in decreasing blood lipids.
- It could possess potential antibacterial and antiparasitic properties.
- It could bronchodilate, which would ease breathing.<sup>1,3</sup>

## Potential Uses of Ash gourd juice

Ash gourd might be utilized as a functional meal since all of the fruit's components appear to have health-promoting qualities, according to certain research.<sup>3,4</sup> However, more extensive research is required to determine how useful they are for people.

The following is a list of possible applications for ash gourd juice:

### Potential uses of ash gourd juice for diabetes

Juice from ash gourds has no fat, few calories, and few carbs. Due to its nutritional profile, it can be a fantastic option for diabetic sufferers. The fruit's pulp may be anti-diabetic thanks to the minerals it contains. The fruit's dried powdered peel, when combined with honey, may help reduce blood sugar levels.

According to a human research by Majumdar et al. (2010), people with Type 2 diabetes can lower their blood glucose levels by drinking ash gourd juice. To demonstrate the advantages of ash gourd juice for diabetes, additional research is needed.<sup>1,2</sup>

### Potential uses of ash gourd juice for weight loss

Ash gourd juice's different qualities may aid in weight reduction control. Because ash gourd juice is low in calories and fats, it may be good to persons trying to reduce weight. Ash gourd juice's lipid-lowering characteristics and high dietary fibre content may help lower blood cholesterol and lipid levels, which may help lower body fat.

According to Waidyarathna *et al.* (2020), using pulverized peeled raw ash gourd fruits and seeds with an equal amount of water and little salt may help you lose weight rapidly.<sup>1,2,4</sup> Although this knowledge is minimal, additional research is needed.

### Potential uses of ash gourd juice for ulcers

People suffering from peptic ulcers (connected to the digestive tract and stomach) may benefit from the health advantages of ash gourd juice. Shredding the fruit and combining it with water yields ash gourd juice. Drinking ash gourd juice on an empty stomach may assist with peptic ulcers; after drinking the juice, avoid eating for at least three hours. Ash gourd has been mentioned as a good medication for gastric

ulcers in the Ayurvedic medical system.<sup>2</sup> Because this information is outdated and limited, large-scale human investigations are required to substantiate these advantages.

### Potential uses of ash gourd juice for skin

The skin-beneficial characteristics of ash gourd juice are related with its advantages. The fruit extract is used to make face cream; it may be beneficial and successful in preventing the degeneration of skin cells as we get older. Huang et al. (2004) discovered that several fruit constituents (pulp, peel, seeds) contribute to antioxidant activity, which may help combat ageing-inducing free radicals. It may also help to reduce oxidative damage and manage the effects of skin cell deterioration.<sup>4</sup> More research is needed to prove the skin-beneficial effects of ash gourd juice.

### Other Potential uses of ash gourd juice

- Ash gourd juice may be beneficial in cases of food poisoning.
- It may aid with unpleasant urination (dysuria) and pain relief in sensitive areas.<sup>4</sup>
- It may alleviate symptoms of a common cold, fever, cough, sinusitis, and other illnesses.<sup>2</sup>
- Ash gourd juice may aid in the relief of constipation, inflammation of the stomach, and general digestive system function.<sup>2,4</sup>
- Ash fruit juice is a delightful drink that can help with a variety of brain-related ailments such as seizures and insanity (mental illness).<sup>4</sup>

Ash gourd may have antacid action; it may be beneficial in maintaining the pH of the body and the acid levels in the stomach by reducing the acidity caused by meals such as soft drinks and fried food.<sup>2</sup>

Ash gourd fruits can be used as a laxative (to relieve constipation) and although some research demonstrate that ash gourd juice is beneficial in a variety of illnesses, this knowledge is inadequate.

As a result, additional research is needed to prove the health advantages of ash gourd juice. As a result, before consuming ash gourd juice for any medical ailment, please visit a doctor.

## How to Use Ash gourd juice?

Ash gourd juice includes important elements that are necessary for healthy health.<sup>1</sup> It has the following applications:

The fruit of the ash gourd can be eaten fresh, like cucumber, or cooked with meat.

1. It may be used in the preparation of ice cream, jams, sauces, beverages, and desserts.
2. The peeled, immature fruit can be stir-fried, braised, or steamed and utilized in spicy meals.
3. The fruit of the ash gourd is also used to manufacture sweet candies (Petha) and nuggets (Bari).
4. The pulp of the fruit is used to make herbal gruel and chutney.
5. Deep-fried ash gourd stems are eaten like chips or papad.<sup>4</sup>

## Side Effects of Ash gourd juice

The side effects of ash guard juice are as follows: Ash gourd contains anti-nutritional elements (phytates, oxalate, and so on) that may impair the body's capacity to absorb nutrients. A diet high in ash gourd juice may increase the risk of calcium deposition, which can lead to kidney stones<sup>1</sup>. Various animal toxicological studies reveal that ash gourd juice is harmless and may not have any negative effects. However, if you experience any harmful reaction, immediately contact an Ayurvedic doctor and get appropriate treatment.

## Precautions to Take With Ash gourd juice

If consumed in small doses, ash gourd is considered harmless. However, there are certain precautions to take when drinking ash gourd juice.

- As a result, those with renal difficulties should limit their use of ash gourd juice.

- There is insufficient data to determine the safety of ash gourd juice for pregnant or nursing women. As a result, it is critical to get the opinion of an Ayurvedic physician before using it as a herb.
- Small children and the elderly should be given ash gourd juice with extreme caution.
- We advise you to consult an Ayurvedic physician who will recommend you a safer dosage form.

## Interactions with other Drugs

There is insufficient information. However, it is not suggested that ash gourd juice be consumed orally in conjunction with any mineral medications.<sup>4</sup>

It is always recommended to seek the guidance of an Ayurvedic physician who can advise and suggest a more effective manner to take this herbal drink.

## References

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