



NUTRITIVE VALUE AND MEDICINAL BENEFIT OF JAGGERY (GUR)

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INTRODUCTION:

Jaggery (Gur) is a conventional, unrefined, natural sugar made by evaporating water from sugarcane juice in steel or iron pans set over pit furnaces. Jaggery typically comes in three different forms: granular, liquid, and solid. Because it contains all the vitamins and minerals found in sugarcane juice, it is referred to as the healthiest sugar in the world. India is the world's largest producer and consumer of jaggery. Over 70% of the world's production is produced in India. Processes and equipment for producing high-quality solid, liquid, and powder jaggery have been developed in India. Jaggery is main agricultural products

widely used in individual households, eateries, restaurants, hotels and clubs and industrial applications. A quality jaggery is golden yellow, hard in texture, crystalline in structure, sweet in taste and low in moisture. The jaggery production process involves crushing of sugarcane, boiling and concentration of sugarcane juice, moulding into standard shape, size and packaging in suitable packages. The production process of jaggery is generally performed on the furnace or steam jacketed pans. Jaggery has main health benefit to human body it produces heat and gives energy to a human body instantly.



Jaggery

NUTRITIVE VALUE AND COMPOSITION OF JAGGERY

Jaggery is a very nutritious and healthy food. Mainly used as sweetener for rural and urban people. It contains about 80-85% sucrose and 5-15% reducing sugars. Jaggery provides necessary nutrients like-proteins, fats, vitamins like B-complex and folic acid and minerals likes calcium, iron, phosphorus, magnesium, potassium and traces of zinc, copper etc., Compared to khandsari, jaggery is a wholesome diet. It contains 0.6%-1.0% minerals as iron (11mg), calcium (0.4%), magnesium and phosphorous (0.045%). It also contains reducing sugars including glucose and fructose (10-15%), protein (0.25%) and fat (0.05%).



Composition of different forms of jaggery

Composition of different forms of jaggery Composition per 100g	Types of jaggery		
	Solid (lumped)	Liquid	Granular
Water (g)	3-10	30-35	1-2
Sucrose (g)	65-85	40-60	80-90
Reducing sugars (g)	9-15	15-25	5-9
Protein (g)	0.4	0.5	0.4
Fat (g)	0.1	0.1	0.1
Total minerals	0.6-1.0	0.75	0.6-1.0
Calcium (mg)	8.0	300	9.0
Phosphorous (mg)	4.0	3.0	4.0
Iron (mg)	11.4	8.5-11	12
Energy (Kcal)	383	300	383

MEDICINAL BENEFIT OF JAGGERY

1. Helps Purifies blood

One of the most well-known benefits of jaggery is its capacity to cleanse blood. Regular jaggery consumption helps the body stay healthy and helps to cleanse the blood

2. Rich in Iron content

Jaggery prevents of anaemia because it contains a lot of iron and folate. Jaggery helps to absorb iron when consumed along with foods high in vitamin C.

3. Mineral content

Minerals and antioxidants like selenium and zinc, which are abundant in jaggery. It helps to reducing the risk of free radical damage. These antioxidants and minerals support the body's increased resistance to various infections.

4. Helps in increase digestion and metabolism in body

Jaggery stimulates the release of digestive enzymes, hastening the digestive process. Proper digestion aids in controlling bowel movements and guards against problems like flatulence, intestinal worms, and constipation. Maintaining the digestive system's proper operation with it is quite effective. A properly working digestive system means simultaneously improving indigestion and properly preventing digestive problems. Jaggery contains high mineral and high potassium support weight management. The potassium in jaggery improves metabolism, maintains electrolyte balance, and builds muscles.

5. Helps in improve nervous system

Jaggery also aids in preventing serious problems with the nervous system. It has a number of organic qualities that are helpful in maintaining the nervous system proper operation.

6. Beneficial for the patients of asthma

Jaggery has a property that controls body temperature, which is extremely advantageous for asthma sufferers. It has also anti-allergy properties.