

## Jaggery (Gur): Health Benefits

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### Introduction –

Consumption of jaggery is considered very beneficial in Indian culture. There are many types of benefits in health by consuming jaggery. Jaggery is also recognized as a natural dessert. In our villages, even today, jaggery is eaten in almost every household, but in this race of modernism, mainly in cities, sugar has taken the place of jaggery. Sugar is not beneficial for health in any way, but is harmful. Where sugar damages us, jaggery is beneficial for us. Although both sugar and jaggery are made from sugarcane, but the sugar, sugar, nutrients like iron, calcium, potassium, phosphorus present in sugarcane juice are destroyed while making jaggery. Along with these elements, vitamin A and vitamin B are also found in jaggery. According to Ayurveda, by consuming jaggery a little daily, a person is free from many diseases. When the winter season starts, it is seen that people consume jaggery more. But the reality is that we should consume it throughout the year. By taking it, you get rid of many diseases in the body. Including it in your daily diet will give many benefits to your body.



### Beneficial to increase immunity:

Jaggery is rich in antioxidants and nutrients like selenium. This is the reason that jaggery is helpful in increasing the number of hemoglobin in the blood.

### Possible treatment of infectious diseases like flu:

With the help of jaggery, one gets relief from infectious diseases like cold and cough. It produces heat in the body. For this reason, it is advisable to consume it in winter. You can drink it mixed with hot water. Apart from this, it can also be drunk by replacing sugar with tea.

### Blood pressure remains normal:

If a person has a problem of high blood pressure, then the consumption of jaggery is considered a boon for him. Such people are advised to eat jaggery on behalf of doctors. Blood pressure remains under control by taking jaggery regularly.

### Beneficial in cleansing blood:

Jaggery has the ability to purify our blood. Consuming it regularly and in limited quantities has many health benefits. Let us tell you that due to the clean blood, many diseases do not wander around. This is especially beneficial for pregnant women. Actually, anemia is a common problem in pregnant women.

### Period pain relief:

It is especially beneficial for women with many essential nutrients. Its regular intake provides relief in the period. During this period, stomach cramps, changes in mood, etc. usually relieve problems. According to experts, a small piece of jaggery should be eaten daily. It works by releasing endorphins from the body. Due to which the body gets rest. It can prevent premenstrual syndrome (PMS).

### Reduce weight :

Our electrolytes balance due to the amount of potassium present in it. It also helps to build muscle and increase metabolism. According to nutritionalist experts, it maintains the lack of water in the body. By hydrating it helps us lose weight.

### Reduce iron deficiency:

There are many things whose intake reduces iron deficiency, but jaggery is such that iron is found in a lot. That is, jaggery is a major source of iron. It is very beneficial for patients with

anemia. Therefore, people suffering from anemia are advised to eat jaggery instead of sugar. Especially for women, its intake is very important.

#### **Essential for stomach cold:**

Jaggery forms the normal body temperature. It helps in cooling the stomach. According to the expert, in the cold days or in the summer months, one should drink Gur Sharbat.

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#### **It is better for the brain:**

The use of jaggery also helps to freshen the mood of people. If a person has a migraine problem, eating jaggery daily for him is very beneficial. By taking it regularly, the brain remains strong and memory is also very good.

#### **Keep the body active**

In addition to strengthening the body and bones, the intake of jaggery energizes the body. This keeps your body active. If you have weakness in your body, consuming jaggery with milk will give you strength. If you do not like milk, then you will not feel tired by consuming five grams of jaggery, a little lemon juice and black salt in a cup of water.

#### **Beneficial for the eyes:**

If your eyesight is weak or there is any other problem in your eyes, then jaggery will be beneficial for you. Eating jaggery removes the weakness of the eyes. Not only this, jaggery is very helpful in increasing eyesight.

#### **Reduce the effect of pollution:**

If you work in a factory or factory where the pollution level is higher than normal, then you should consume at least 100 grams of jaggery daily. You can consume jaggery with food or even after eating. In this case the effect of pollution on your body will be less.

**Get rid of sour belts:**

Eating jaggery, rock salt and black salt gets rid of sour belts.

**Improves voice:**

Heat jaggery with ginger and eat it lukewarm, relieves sore throat and burning sensation. This also makes the voice much better.

