

## Wood Apple and its Benefits

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### Introduction

Wood Apple is a sacred fruit cultivated in India and majorly found in Sri Lanka, Thailand and many other regions of Southern Asia. Featuring a tough shell, it smells somewhat like blue cheese combined with overripe bananas. Its interior looks like banana pudding featuring dark brown pulp containing resinous hairy seeds. It has a peculiar sour taste, and therefore it is a preferred ingredient to make jams and chutneys. It is also known as Curd fruit, Elephant apple, and 'Monkey Fruit.' *Limonia Acidissima* is a wood apple scientific name.

### Benefits

Here take a glance at wood apple benefits.

- Wood Apple is believed to be highly efficient against sunstroke and many more summer-related health issues.
- Wood apple contains tannin and phenolic compounds that are enriched with antioxidant properties and, therefore, helpful against piles and ulcers. It further helps in combating diarrhoea, dysentery and many more.
- Wood apples are equipped with riboflavin and thiamine chemicals, so they effectively detoxify the body. Its juice reduces all kinds of kidney problems while keeping the gut healthy.

### Woodapple Health Benefits

- Enriched with vitamin C, wood apple thwart the growth of scurvy.
- When combined with jaggery, it averts loss of energy and fatigue.
- Wood apple leaves, when boiled and consumed, relieves high blood pressure.
- It increases immunity to combat viral, fungal and bacterial infections.
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- Wood apples are recognised for expectorant properties, and so they are believed to be effective against an array of respiratory health conditions like asthma, bronchitis and sore throat.
- It increases immunity to combat viral, fungal and bacterial infections.
- It contains laxative properties due to being rich in fibre and therefore helps manage constipation and indigestion naturally.
- When combined with jaggery, it averts loss of energy and fatigue.
- Wood apple leaves, when boiled and consumed, relieves high blood pressure.
- Enriched with vitamin C, wood apple thwart the growth of scurvy (bleeding gums).
- Wood Apple is reckoned as a blood purifier as it purifies the blood and removes toxins from the kidney and liver.
- Wood apple prevents the growth of diabetes by managing the flow of sugars in the bloodstream. Besides, it also plays an important role in controlling the life-threatening spikes in sugar levels.

### **Conclusion**

Wood apples help to boost the immunity, treat viral, fungal and bacterial infections. It contains fibre; therefore, it has laxative properties, which helps with digestive issues such as constipation and indigestion.