

## Lemon and its Benefits

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### Introduction

Lemon is a rich source of vitamin C. Lemons contain numerous phytochemicals, including polyphenols, terpenes, and tannins. Lemon juice contains slightly more citric acid than lime juice (about 47 g/L), nearly twice the citric acid of grapefruit juice, and about five times the amount of citric acid found in orange juice.



### Benefits

The vitamins, fiber, and plant compounds in lemons can be part of a healthy diet. It's not common to actually eat a fresh lemon – they're too sour for most tastes – unless individual using preserved lemons. Lemons can also provide important health benefits like:

#### Vitamin C

Lemons contain about 50 milligrams of vitamin C, which is over half the amount of vitamin C needed in the daily diet. Vitamin C is an antioxidant, which helps protect cells from damage. Vitamin C also helps the body make collagen for the skin, helps the body absorb iron, and supports the immune system. Citrus fruits are some of the best food sources

of vitamin C. Lemon also contain a high level of dietary fiber – but individual don't get fiber from juice.

### **Weight Management**

The pectin fiber found in lemons expands once it is ingested, making individual feel full sooner and longer. Lemon water is often touted as an effective tool in weight loss and **weight management**. While there's nothing wrong with drinking water, there's nothing magical about adding lemon to water for weight control. It's also important to note that drinking water may keep person full and help individual avoid snacking as effectively as lemon.

### **Anemia Prevention**

Lemon can help the body absorb more iron from plant-based foods in individual diet. Maintaining proper iron levels helps prevent anemia, which is a lower-than-average number of red blood cells, often as a result of iron deficiency.

### **Kidney Stone Prevention**

Lemons get their sour taste from their abundance of citric acid. Some studies show that citric acid may help prevent the formation of kidney stones.

### **Antibacterial Effects**

Lemon juice has antibacterial and antifungal properties. The plant compounds in lemon juice concentrate effectively inhibited the growth of salmonella, staphylococcus, and candida infections in one study. It was also effective against one particular antibiotic-resistant bacteria that causes pneumonia and blood infections.

### **Cancer Prevention and Treatment Research**

Lemon juice is a valuable source of nutrients called flavonoids. These are antioxidants, which help protect cells from damage that could lead to cancer. But lemon juice hasn't been studied for cancer prevention in people. While a healthy diet may help lower the risk of cancer, no one food has been shown to prevent cancer.

Lemon juice is not part of cancer treatment. But scientists have found tiny nano particles in lemon juice that – in lab tests on cells – inhibited cell reproduction and activated cancer cell death. This is extremely early research that's more about searching for new cancer treatments and isn't based on the lemon juice individual get in his/her diet.

### **Conclusion**



The lemon is a bright yellow citrus fruit. It has its distinctive sour taste because it's rich in citric acid. Lemons are used all over the world in desserts, drinks, sauces, dips, and as a garnish for meat and fish dishes. Lemon juice is a natural cleaner and stain remover. Lemon oil provides the fragrance for perfumes, soaps, and skin creams.

