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## NUTRITIONAL AND HEALTH BENEFITS OF *ERUCA VESICARIA*

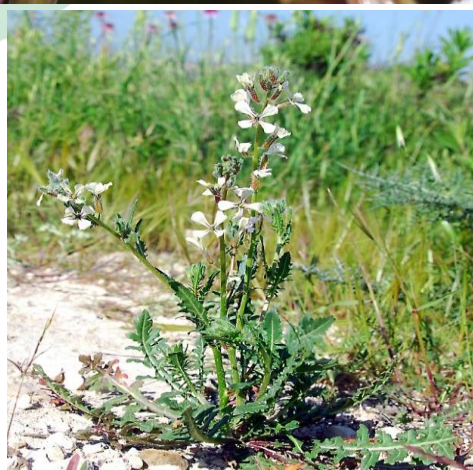
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### Introduction

Green rocket (*Eruca vesicaria*) is a fast-growing annual leafy vegetable that belongs to the mustard family and is popular as a salad green. It tastes slightly sour and spicy. The leaves are highly lobed and range in length from 3 to 6 inches. They form rosettes. Arugula is a cold-season vegetable that may be sown in early spring or late summer. *Eruca vesicaria* is an annual plant that grows to a height of 20 to 100 cm (8 to 40 in). The pinnate leaves have four to ten little lateral lobes and a big terminal lobe. The blooms are 2 to 4 cm in diameter and grouped in a corymb, as is typical of Brassicaceae flowers. The stamens are golden, while the petals are creamy white with purple veins. The fruit is a siliqua (pod) 12 to 25 mm long with an apical beak and many edible seeds. The species has a chromosome number of  $2n = 22$ .



**Nutritional value per 100 g**

<u>Energy</u>	105 kJ (25 kcal)
<u>Carbohydrates</u>	3.6 g
<u>Sugars</u>	2.0 g
<u>Dietary fiber</u>	1.6 g
<u>Fat</u>	0.6 g
<u>Protein</u>	2.6 g

**Types of Arugulas**

The types of Arugulas vary in flavour, appearance, and more.

- 1. Astro II** is good for those who prefer a mild arugula flavour. This variety matures in as little as seven weeks.
- 2. Apollo** is another mild variety. It is relatively heat-tolerant and has oval leaves.
- 3. Olive Leaf** is better known by Italian speakers as *Ruola*. This wild variety has flat, narrow leaves with spicy yet not overpowering flavour.
- 4. Red Dragon** is ideal for salads, with its striking, purple-veined leaves that are shaped like oak leaves and have a mild flavour
- 5. Sylvetta** is prized for being particularly slow to bolt. Its leaves are narrow and spicy.

**Propagation of Arugula**

Saving seeds is the most efficient technique to propagate rocket. This is a cheap and easy approach to reproduce kinds you liked or plants that were exceptionally robust. To avoid cross-pollination, ensure sure different kinds are separated by at least 800 feet. This is how you store seeds:





1. Let your rocket plants blossom and then wait for the seed heads to become brown and brittle.
2. Remove the seed heads from the plants, place them in a paper bag, and leave them in a cold, dry area to dry entirely.
3. Rub the seed pods between your palms to release the small black seeds. Remove any other plant matter. It helps to do this on a white sheet to see and capture everything.
4. Place the seeds in a paper envelope or a jar. They should last up to six years.

### **1. Arugula is a nutrient-dense vegetable**

It contains a variety of nutrients that will nourish your body in a single serving. It includes calcium, folate, potassium, vitamin C, vitamin K, and vitamin A. It also contains a lot of antioxidants, phytochemicals, and carotenoids. This low-calorie veggie is ideal for your healthy diet.

### **2. Protects the bone from deteriorating**

Calcium is required for bone development, healthy teeth, muscular growth, nerve function, and blood clotting. Instead of purchasing manufactured calcium, eating a single meal can fulfil all of your body's calcium needs. Synthetic nutrients must still be validated in terms of how effectively they are absorbed in the body. Many research demonstrates that eating natural meals is preferable to consuming manufactured foods. Vitamin K is also responsible for bone development and health. People with osteoporosis benefit greatly by eating rocket. This green meal will provide the remedy for preventing and preserving bone health.

### **3. Take care of expectant mothers and yet-to-be-born babies.**

Folate can help avoid maternal malaise and other issues during and after childbirth. A sufficient supply of folate nutrients in the body prevents congenital defects such as spina bifida, which damages the infant's brain, spine, or spinal cord. Arugula has enough folic acid to provide prenatal care.

#### **4. Arugula cares for eyesight**

Macular degeneration and cataracts are frequent eye issues in elderly age. Arugula is high in carotenoid content. Natural carotenoids, rather than over-the-counter medicines, have been shown in studies to enhance people's vision. Vitamin A is also a great antioxidant that promotes eye health. It not only enhances your vision, but it also boosts your immune system and cell development. Furthermore, it contributes to the strength and health of your heart and lungs.



#### **5. Increase your metabolism**

A healthy metabolism implies that your body absorbs all of the nutrients from the food you eat on a daily basis. Although rocket has a little amount of B vitamins, it helps to build energy, red blood cells, and regulate fat synthesis, all of which are important for your metabolic health. When your metabolism is working properly, you can be healthy and avoid more difficulties.

#### **6. Prevents and fights off cancer**

Every year, the number of cancer sufferers grows. One cause for this is the presence of harmful free radicals in your system as a result of a lack of antioxidants in your body. Arugula increases your ORAC, or Oxygen Radical Absorbance Capacity, which is used to calculate the antioxidant capacity to combat free radicals. In exchange, it helps to strengthen your immune system and fight cancer cells in your body. It also contains phytochemicals that aid in the destruction of cancer cells. It belongs to the family of sulforaphane, indoles, and thiocyanates, which prevent and naturally counteract cancer cells.

#### **7. Aids weight loss**

Arugula is a low-calorie meal with a high-water content that rehydrates your system and makes you feel full. It is a good idea to include it in your regular diet because of its high vitamin content. We explained in the previous category that eating this green vegetable increases metabolism. As a result, consuming Arugula aids weight loss by increasing your metabolic process.

### **8. Improves nerves function**

Arugula is high in potassium, which might help you lessen the negative effects of salt in your body. It also contains electrolytes and minerals, which are necessary for rehydration and heart health.

### **9. Arugula has anti-aging components**

People are exploring ways to seem youthful in their elderly age. The vitamins and minerals in rocket are important for cell regeneration, giving you a smooth and wrinkle-free appearance. Perhaps you are one of those persons who is always concerned with how they appear. The good news is that you don't have to hunt for costly beauty products. Arugula is saying, "Eat me every day, and I'll do the work for you." Regular vegetable consumption improves your sense of health and aesthetic care.



### **10. Maintains a healthy heart**

According to American data, 836,546 people died as a result of cardiovascular disease. That represents one-third of all deaths in 2018. Even when you are young, it is critical to maintain your heart healthy. Prevention is always preferable to cure. Arugula has the necessary nutrients to help avoid cardiovascular disease. Vitamin C promotes arterial function, which means it protects your arteries from harmful cholesterol. It decreases harmful cholesterol, which improves cardiac circulation. When you have a high level of cholesterol in your body, lipids tend to accumulate and restrict blood flow through the heart.

