

Dragon Fruit: A Boon for your Immune System, Fight off Covid-19

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ARTICLE ID:043



Dragon Fruit Field,



Flowering and Fruiting

Dragon fruit is a food which grows on a hylocereus climbing cactus which locate across the globe in tropical regions. The name of the plant emanates from the Greek word "hyle," which means "woody," and the Latin word "cereus," mean "waxen." The fruit on the outside has the presence of a hot pink or yellow bulb with spike-like green leaves rising up around it like flames. Cut it open and inside you will discover bulbous white stuff dotted with black seeds that are ready for eating.

Dragon Fruit Nutrition	Vitamins and minerals
• Sugars: 13 grams	• Vitamin A: 100 international units (IU)
• Fiber: 5 grams	• Vitamin B1 (Thiamine) 0.04 mg 2.7 %
• Carbohydrates: 22 grams	• Vitamin B2 (Riboflavin) 0.05 mg 2.9 %
• Protein: 2 grams	• Vitamin B3 (Niacin) 0.16 mg 0.8 %
• Calories: 102	• Vitamin C: 4 milligrams
• Fat: 0 grams	• Calcium: 31 milligrams

<ul style="list-style-type: none">• Cholesterol: 0 grams	<ul style="list-style-type: none">• Iron: 1 gram• Magnesium: 68 milligrams• Phosphorus (P) 22.5 mg 2.3 %
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There are red- and yellow-skinned varieties of this fruit. Initially, the cactus originated in southern Mexico, as well as in South and Central America. In the early 19th century, the French introduced it to Southeast Asia. It's named "pitaya" by Central Americans. It's a 'strawberry pear' in Asia. With a slightly sweet taste that some characterize as a cross in between kiwi, a pear, and a watermelon, the dragon fruit is nutritious.



Dragon Fruit Health Benefits:

There are many possible health advantages to dragon fruit, including:

- It is abundant in flavonoids, phenolic acid, and betacyanine-like antioxidants. These natural substances protect the cells against damage by molecules of free radicals that can result to diseases such as cancer and premature ageing.
- Naturally, it is fat-free also high in fibre. It makes for an excellent snack, because between meals, it will help keep you full for longer.
- Lowering your blood sugar fruit can help. This may be partially because it substitutes damaged cells in your pancreas that produce insulin, the hormone that helps your body break down sugar, researchers believe.
- Your immune system can be strengthened. Dragon fruit is rich in vitamin C, which is essential for your immune system, and other antioxidants. By consumption iron levels can be improved. For moving oxygen through your body and giving you energy, iron

is essential, and dragon fruit has iron. And the vitamin C in the dragon fruit lets the iron be taken in and used by your body.



Dragon fruit and its products; fruit juice, wine, fruit cake, cookies, etc

The World Health Organization labeled Covid-19 or Corona virus as a global pandemic. All countries are dealing with the potential dangers posed to mankind by this virus. Corona virus disease (COVID-19) is a recently identified Corona virus viral infection. Most infected people with the COVID-19 virus will develop mild to moderate respiratory illness and recover without special treatment needed. Severe illness is more likely to occur in older people and others with underlying medical conditions such as cardiovascular disease, diabetes, chronic respiratory disease, and cancer. There are few significant steps that people can take to tackle this pandemic.

Although it is important to mention hygiene standards, particularly if you have travelled by public transport, such as washing your hands frequently. If you're travelling to wash your face, use an alcohol sanitizer; wear a mask (covering your nose and mouth) and stop touching your hand or mouth. There are also some ways to enhance your immunity at this juncture, which is paramount.

➤ **Improve Your Diet**

In deciding your overall health and immunity, the food you consume plays a key role. As this will help regulate high blood sugar and pressure, eat low carb diets. To keep you in good health, a low carb diet will help slow down diabetes and concentrate on a diet high in protein. And eat vegetables and fruits rich in Beta Carotene, Ascorbic Acid & other essential vitamins on a regular basis.

- **Don't Compromise on Sleep**
- **Stay Hydrated**
- **Supplements and immunity boosting foods**



Dragon fruit field at ICAR-NIASM, Malegaon, Baramati-Pune

While all the above-mentioned tips will definitely help, the need of the hour is a quick boost to your immunity system to keep it fighting fit. If you're concerned whether you are getting the right amount of nutrients from your diet, consult with your doctor about a supplementation regimen to boost your immune system. Here are a few common supplements and super foods that can help.

Vitamin C

Dragon fruit is a rich source of vitamin C. This particular vitamin is a crucial participant in the army of immunity. It helps prevent the common cold. It acts as a powerful antioxidant and protects against damage induced by oxidative stress. For severe infections, including sepsis and acute respiratory distress syndrome (ARDS), high dose intravenous vitamin C treatment has been shown to significantly improve symptoms in patients.

Vitamin D

Vitamin D supplements have a mild protective effect against respiratory tract infections. Most people are deficient in Vitamin-D, so it's best to consult with a doctor about taking a Vitamin D supplement to boost immune response.

Zinc

Zinc is a vital component to WBC (white blood corpuscles) which fights infections. Zinc deficiency often makes one more susceptible to flu, cold and other viral infections. It is advisable to take a zinc supplement, especially for older people.

