

Vegetables In Disease Prevention

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Introduction:

Vegetables in simple mean “are the plant or plant parts say root, pseudo-stem, tubers, leaves which are used as food, which gives plenty of vitamins, minerals, antioxidants, bulk of fibres and so improves and enhances our immune system. The vegetables play an vital role in the balanced diet of human beings by providing not only energy rich food but also promise supply of vital protective nutrients like minerals and vitamins. On an average a normal human beings per day diet must includes 125 gm of Green leafy vegetables, 100 gm of Root vegetables, 75 gm of other vegetables per day i.e total vegetable consumptions must be 300 grams per day.



IMPORTANCE OF VEGETABLE CONSUMPTION

- A. Good source of **ANTIOXIDANTS**.
- B. **SOURCE OF BIOFLAVANOIDS:** Bioflavonoid are compounds closely associated with Vitamin-C and found in several vegetables Ex: Onion and Garlic.
- C. **CREDIBLE SOURCES OF VITAMINS:** **Vitamins** are substances that our bodies need to develop and function normally. For ex:
 - **Vit-A (beta-carotene):** Vegetables rich in Vit-A are **Bathua leaves, calocasia leaves, beet leaves, coriander leaves, Fenugreek leaves.**

- **Vit-B₁ (thiamine):** Thiamine rich Vegetables are as, **Chilly, calocasia leaves, Tomato.**
 - **Vit-B₂ (Riboflavin):** Riboflavin rich vegetables are **Fenugreek leaves, Amaranthus.**
 - **Vit-C (Ascorbic acid):** Vegetables high in Ascorbic acid are; **Drumstick leaves, Coriander leaves, Chilly, Broccoli, Tomato.**
- D.** Reliable source of **CARBOHYDRATES**; Ex. **Tapioca, Sweet Potato, Potato, Curry leaves.**
- E.** **PROTEIN** rich vegetables are: **Lima beans, Peas, Cowpea.**
- F. Vegetables used for prophylactic purpose from certain diseases;**
- 1. Bitter gourd:** treating Diabetes (Contains **Cheratin**-effective against diabetes).
 - 2. Onion and Garlic :**
 - I.** Contains **Quercetin** helps in protecting cancer and heart diseases.
 - II.** Contains **Sulphur compounds** helps in controlling harmful blood cholesterol and maintains high blood pressure.
 - 3. Celery** (contains **3-n-Butyl Pthalide**); effective against Hypertension.
 - 4. Ash gourd ;**
 - 4.1:** for weak nervous systems.
 - 4.2:** Fights Jaundice:

The leaves of ash gourd contain substances **called cucurbitacins**, which play a crucial role in boosting the defence system and liver function in the body.
 - 4.3:** it is recommended for treating **peptic ulcer, urinary tract infections, diabetes mellitus, epilepsy and other nervous system disorders** (Gill et al. 2010; Palamthodi and Lele 2014). Further, ash gourd is proved to have an excellent **prebiotic activity** (Sreenivas and Lele 2013).
 - 5. Bottle gourd** contains all the essential amino acids and nutrients required for the normal human health (Rahman et al. 2003). Traditionally, this fruit is used as a **cardiotonic and general tonic** (Deshpande et al. 2008). The **antioxidant, anti-inflammatory, anti-cancer and diuretic properties** of bottle gourd also were reported (Palamthodi and Lele 2014).

➤ **Nutraceutical utility of vegetables:**

Sr. No.	Nutraceuticals	Vegetables
1	Lycopene	<ul style="list-style-type: none"> • Tomato and others as watermelon
2	Silymarin	<ul style="list-style-type: none"> • Artichoke
3	Vit-C	<ul style="list-style-type: none"> • Cabbage • Broccoli • Green leafy vegetables(GLV) • Tomato • Chilly • Drumstick
4	Vit-E	<ul style="list-style-type: none"> • Green leafy vegetables
5	Iron	<ul style="list-style-type: none"> • Greens, all kinds; Agathi • Amaranthus • Green Beans
6	Potassium	<ul style="list-style-type: none"> • Spinach • Amaranthus • Potatoes • Sweet potatoes • Mushrooms • Peas • Cucumbers
7	Phosphorous	<ul style="list-style-type: none"> • Amaranthus • Garlic • Beans