

Mango (*Mangifera indica* L.) Health benefits

Raghvendra Bajpai

M.Sc Scholar

School of Agriculture, ITM University, Gwalior, Madhya Pradesh

Corresponding author: bajpairaghvendra42@gmail.com

ARTICLE ID: 046

Mango are sweet, creamy fruits that have a range of possible health benefits. They are highly popular around the world.

Basic information:-

1. Botanical name: - *Mangifera indica* L.
2. Common Name: - Bathroom fruit, King of fruits
3. Family: - Anacardiaceae
4. Chromosome No. : - 40
5. Origin: - Indo-Burma region
6. Climatic adaptability: - Tropical
7. Edible part: - Mesocarp

General Introduction:-

The mango is a member of the drupe family. This is a type of plant food with a fleshy outer section that surrounds a shell, or pit. This pit contains a seed. Olives, dates, and coconuts are also part of this family. There are many different kinds of mango. They vary in color, shape, flavor, and seed size. Although mango skin can be green, red, yellow, or orange, its inner flesh is mostly golden yellow. In this article, we explore the many benefits of mangoes, explain their nutritional breakdown.

Nutritional importance:-

Consuming mangoes can help protect and strengthen the body in several ways. The sections below discuss these benefits in more detail.

Cancer:-

A 2014 study from Japan found that carotenoid-containing fruits and vegetables such as mangoes may reduce the risk of colon cancer. Also, the Skin Cancer Foundation suggest that a diet high in beta-carotene content can help protect against skin cancer. Orange fruits and vegetables, such as mangoes, contain beta-carotene. They also suggest that it can boost the action of the immune system against disease.

Diabetes:-

A 2019 mouse study into mango leaves found that some plant compounds had a powerful effect on risk factors for diabetes. These included lower body weight, reduced blood sugar levels, and lower levels of fats in the blood. This study does not clarify whether or not mango flesh provides the same benefits. However, one 2014 study found that eating freeze-dried mangoes reduced blood sugar levels in people with obesity.

Heart disease:-

The fiber, potassium, and vitamin content in mangoes all help keep the arteries working and reduce the risk of heart disease. Increasing potassium and decreasing sodium in the diet are among the most important dietary changes a person can make to reduce their risk of high blood pressure.

Skin and hair:-

Mangoes also support hair health, as they provide a good amount of vitamin A. This nutrient helps the skin provide an oily substance called sebum, which moisturizes the hair. Vitamin A is also necessary for the growth of all bodily tissues, including skin and hair. One cup of sliced mango provides 60.1 milligrams (mg) of vitamin C. This is most of a person's daily requirement, according to the Dietary Guidelines for Americans. Consuming enough vitamin C supports the development and maintenance of collagen. This provides structure to the skin and hair.

Nutrition:-

One 165-gram (g) cup of sliced, raw mango provides:

- 99 calories
- 1.35 g of protein

- 0.63g of fat
- 24.7 g of carbohydrate
- 22.5 g of sugar
- 2.64 g of fiber

Mangoes are a good source of vitamins and minerals. They can contribute heavily to the daily requirement for several nutrients.

Risks:-

People with an allergy to latex may have a cross-reaction to mangoes

