

## Dragon Fruit and its Health Benefits - A Review

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### SUMMARY

A dragon fruit is that the fruit of several cactus species, most significantly of the *Hylocereus* (sweet pitayas). These fruits are commonly referred to as pitaya or pitahaya fruit. The dragon fruits are widely used as juice and in fruit salads at restaurants. Regular consumption of Dragon fruit not only helps in fighting against cough and asthma, but also it helps for healing wounds and cuts quickly thanks to it contains high amount of vitamin C.

### INTRODUCTION

Dragon fruit plants are grown within the open in tropical areas but must be shielded from intense radiation and subfreezing temperatures when cultivated under subtropical conditions (Mizrahi et, al., 1999). The fruit normally weighs from 150 to 600 grams (5.3 to 21.2 oz), some may reach 1 kg (2.2 lb). Currently it's being cultivated in a minimum of 22 countries within the tropics including Australia, Cambodia, China, Malaysia, Thailand, and Srilanka and also in Bangladesh (Islam 2012). There are three cultivars of dragon fruit *Hylocereus undatus*, red colored pericarp with white flesh, *Hylocereus polyrhizus*, red skinned with red flesh and *Selenicereus megalanthus*, yellow-coloured with white flesh. The fruit consists of red peel covered with green tipped overlapping scales and white flesh dotted with numerous edible soft black seeds (Cheah et, al., 2016). A dragon fruit is rich in fibers, vitamin C, minerals and phytoalbumins, which are highly valued for his or her antioxidant properties. (Choo et, al., 2011) reported that the red dragon fruit weighs up to 1 kg and may be a rich source of nutrients and minerals like vitamin B1, vitamin B2, vitamin B3 and vitamin C, protein, fat, carbohydrate, crude fiber, flavonoid, thiamin, niacin, pyridoxine, cobalamin, glucose, phenolic, betacyanins, polyphenol, carotene, phosphorus, iron and phytoalbumin.



### Nutritional value of Dragon Fruit

Proximate nutritional values in g or mg per 100 g edible portion of white-flesh dragon fruit are as follows: moisture (85.3 %), protein (1.1), fat (0.57), crude fiber (1.34), energy (Kcal) (67.7), ash (0.56), carbohydrates (11.2), glucose (5.7), fructose (3.2), sucrose (not detected), sorbitol (0.33); vitamin C (3.0), vitamin A (0.01), niacin (2.8), Ca (10.2), Fe (3.37), Mg (38.9), P (27.75), K (272.0), Na (8.9) and Zn (0.35) and for red-flesh fruit, moisture (82.5-83.0), protein (0.159-0.229), fat (0.21-0.61), crude fiber (0.7-0.9) and vitamin C (8-9) (Perween et, al., 2018).

### Health benefits of Dragon Fruits

Health benefits of Dragon fruit is additionally rich in flavonoids that act against cardio related problems, also dragon fruit aids to treat bleeding problems of discharge. Dragon fruits are rich in fibers; however, it aids in digestion of food. Dragon fruit is additionally full of B-complex vitamin group (B1, B2 and B3), which possess a crucial role in health benefit. vitamin B1 helps in increasing energy production and in carbohydrate metabolism, vitamin B2 in Dragon Fruit acts as a multivitamin; however, it aids to enhance and recover the loss of

appetite. And Vitamin B3 present in dragon fruit plays a crucial role in lowering bad cholesterol levels; it provides smooth and moisturizes skin appearance. also because it improves eyesight and prevents hypertension. Dragon fruit is additionally helpful in reducing blood glucose levels in people affected by type 2 diabetes; studies suggest that the glucose found in Dragon fruit helps in controlling the blood glucose level for diabetes patients. It contains high level of phosphorus and calcium. It helps to strengthen bones and play a crucial role in tissue formation and forms healthy teeth.

## CONCLUSION

The dragon fruit helps the digestive process, prevent carcinoma and diabetes, neutralize toxic substances like heavy metal, reduce cholesterol levels and high vital sign and it can be consumed regularly for assistance against asthma and cough. It's also rich with potassium, protein, fiber, sodium and calcium that are good for health as compared to other fruits.

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