

Phalsa and its Benefits

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SUMMARY

Phalsa also called as falsa is more than just a sweet-sour summer fruit, the Indian berry is also replete with many health benefits. Phalsa fruit is a member of the tiliaceae family, known to contain cyanidin 3-glucoside, vitamin C, minerals. Apart from this, it is loaded with potent antioxidants such as phosphorus, calcium, protein, carbohydrate and iron that assist in eliminating free radicals from the body cells. By consuming this fruit in summer, the body can be protected from risk of various diseases.

INTRODUCTION

Indian sherbet berry commonly known as phalsa is one of the yummiest berries to hail from India. This purple fruit that looks like a pea, has sweet and sour flavours of the berry which is very similar to grapes and jamuns. It is a seasonal crop which is mostly grown in the months of May and June.



Benefits

Phalsa is rich in essential nutrients, antioxidants, not only for instantly cooling the body, maintaining electrolyte balance and soothing joint aches, but also for effectively managing seasonal and chronic conditions such as malaria, diabetes, and hypertension.

Controls Blood Sugar Levels

Phalsa fruits are blessed with polyphenol antioxidants as well as an inherently low glycemic index. Consuming a measured portion of salad with phalsa or a small glass of falsa sharbat post meals helps in suppressing sudden spikes in blood glucose concentrations. This tremendous antihyperglycemic effect of phalsa makes it ideal to incorporate into a diet for those with diabetes.

Remedies Hypertension

Bestowed with the beneficial minerals potassium and phosphorous, phalsa works wonders in bringing down blood pressure when it is raised much above the normal range. Furthermore, the wealth of tannin, anthocyanin antioxidants in phalsa prevents the accumulation of lipids in the bloodstream and clogging of cholesterol in blood vessels, to avert cardiac ailments of atherosclerosis, arrhythmia, heart attacks and augment heart functions.

Effectively Manages Malaria

Malaria is a seasonal disease transmitted by mosquito bites that affects many children and adults, particularly in the damp monsoons. Adding a small serving of phalsa fruits to the regular diet confers valuable antipyretic or temperature/body heat-reducing, analgesic i.e. pain-relieving traits and significantly alleviates symptoms of body pain, fever and discomfort often experienced in bouts of malarial infection.

Combats Cardiovascular Disease

Threonine and Methionine are two important amino acids that are significantly present in phalsa. For the heart to work properly, the body requires large amounts of threonine which keeps the heart muscles and connective tissues strong. In the long run, it prevents the onset of heart-related ailments.

Prevents Heat Stroke

Laden with cooling properties, phalsa juice is beneficial for people who are prone to frequent sunburns or have had a massive heat stroke. Consuming raw phalsa or juiced form can instantly help to lower the body temperature.

Cures Neurological Problems

Phalsa fruit can treat chronic brain anomalies in an efficient way. Owing to the presence of numerous functional phytochemicals which help combat several health brain-related disorders, eating phalsa is very beneficial for our body's ability to fight neuro-related problems.

Alleviates Skin Infections

Phalsa has helped to manage mild to severe skin infections. The antioxidant, anti-inflammatory traits and astringent content in phalsa have been effective in reducing itching of the skin besides helping to prevent problems of eczema and scabies.

CONCLUSION

Phalsa contains abundant amounts of vitamin C, innumerable beneficial trace minerals like sodium and iron, as well as potent antioxidants that assist in eliminating detrimental free radicals from oxidising healthy cells in the system.

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