

Production and nutritive importance of banana in India

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ABSTRACT

The present study covers the production and nutritive importance of banana. The study is based on secondary data and the data collected from distinguish published and websites sources. The top three banana producing nations are India, Philippines and China, and the major producing states in India are Tamil Nadu, Maharashtra and Gujarat. Banana is eaten in maximum countries in various farms. Banana provides nutritive value and it is beneficial to the health. Bananas consist mainly of sugars (glucose, fructose and sucrose) and fibre, which make them ideal for an immediate and slightly prolonged source of energy. Banana protects various diseases such as depression, anemia, constipation, diarrhoea, eyesight protection, blood pressure, heartburn, morning sickness, stress relief and stroke risk etc. A banana contains vitamin C, potassium and dietary fibre. The vitamin C, which is found in banana, helps the body to defend and heal against infections. This vitamin proves valuable in the synthesis of the connective tissues, absorption of iron and the formation of blood.

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Banana is not native to be western Hemisphere. Their original homeland was most likely in South or Southeast Asia. Various banana species were diffused by human migration. The biological term used for bananas, *Musa*, word, reflecting the fact that Arabs originally encountered the fruit in India.

India is a second largest producer of fruit in the world. There has been significant increase in the export of fresh fruits during past few years. Banana is most important fruit crop in India having great socio-economic significance. It contributes 31% of the total food production in India. Due to good agro-climatic environment, India produces lots of fruits and vegetables. This is very interesting; banana and potato are the most important crops, which are produced in large quantity. Mostly banana is produced in south states in India. India produces various variety of banana in different states and these are Dwarf Cavendish, Robusta, Rasthali, Amritpant, Thellachakrakeli, Karpoora Poovan, Chakrakeli, Monthan, Yenagu Bontha, Honda, Manjahaji, Chinia (Manohar), Kanchkol, Chini Champa, Bhimkol, Atticol, Jatikol, Digjowa, Kulpait, Bharat Moni, Alpon, Malbhog, Muthia, Kothia, Gauria, Lacatan, Harichal (Lokhandi), Nendran

(Plantain, Amrit Sagar, Giant Governor and Orissa and Monthan etc. The major banana producing states are Tamil Nadu, Maharashtra, Karnataka, Gujarat, Andhra Pradesh, Assam and Madhya Pradesh and the top ten banana-producing countries are India, Philippines, China, Brazil, Ecuador, Indonesia, Tanzania, Mexico, Thailand and Cost Rica.

Bananas have various advantages to gain the economy to farmers and it provides good nutrition to the health. The banana is one of the most popular fruits, ideal for any age group. They are natural no fuss, sealed in their own wrapper providing a versatile fruit for a snack, dessert, cooking or for blending into nutritional milk shakes. Banana is eaten in many ways and has plenty of nutritional and medicinal benefits. The ripe banana is utilized in a multitude of ways in the human diet—from simply being peeled and eaten out of-hand to being sliced and served in fruit cups and salads, sandwiches, custards and gelatins; being mashed and incorporated into ice cream, bread, muffins, and cream pies.

The other banana nutrition facts are also quite impressive. Vitamins and minerals are abundant in the banana, offering 123 I.U. of vitamin A for the large size. Banana also has a full range of B vitamins with 0.07 mg of Thiamine, 0.15 mg of Riboflavin, 0.82 mg Niacin, 0.88 mg vitamin B6, and 29 mcg of folic acid. There is even 13.8 mg of vitamin C. On the mineral scale, calcium counts

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