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A REVIEW

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Nutritive and medicinal value of dragon fruit

■ **MADHURI SHRIKANT SONAWANE**

ABSTRACT : Dragon fruit or pitahaya (*Hylocereus* spp.) is considered as a heavenly fruit on the earth. It is eaten as fresh or dried fruit, as a vegetable, as a fodder, as a natural colouring agent in various drinks and beverages, as a pectin source. Most importantly, being rich in various nutrients, vitamins and minerals and accordingly owing high medicinal values, it is believed to be able to lower cholesterol concentration, to balance blood sugar concentration, to prevent colon cancer, to strengthen kidney function and bone, to strengthen the brain workings, increasing the sharpness of the eyes and even used in cosmetic ingredients. In a present investigation attempt has been made to explore the available research studies to prove or disprove the claims of its high nutritive and medicinal values.

KEY WORDS : Dragon fruit, Pitayaha, Nutritive value, Medicinal value, Food dye, Pectin

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