



## Health benefits of red flush guava

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**Benefits of red flush guava :** Red flush guava (*Psidium guajava* L.), belongs to family Myrtaceae and its fruit type is berry. It is very tasty, energetic, richest sources of carotenoid. The edible portions of the fruit are Thalamus and pericarp. The common types of guava include apple guava, yellow-fruited cherry guava, strawberry guava, and red apple guava. Among the different type of guavas, red flush guava is one of most important fruit crops of tropics and subtropics region and most popular among the fruit growers community of India due to its unique flavour, taste, pink coloured pulp and numerous health-promoting qualities, the fruit easily fits in the new functional foods category, often called “super-fruits.” Pink guava, unlike white guava has a pink coloured sweet pulp loaded with seeds. Researchers are finding out that red flush Guava is a very good prostate cancer fighter and it is good news for people, guavas that are pink have more pigment content as polyphenol, carotenoid and pro-vitamin A, than the white pulped variant. Red flesh guava is mostly eaten raw (when ripe or semi-ripe) or consumed in the form of juice, jams and jellies etc., it is most aromatic and can range from pale pink to deep orange-magenta. Red guava is more popular fruit due to increased levels of the carotenoid pigment that gives colour to tomatoes and carrots and it is through harnessing this quality in their crops over the years that farmers can produce beautiful pink guavas in such abundance. Its vitamin A content is five times that of an orange and it also has stellar amounts of protein, fibre and foliate and possibly more vitamin C than any other fruit. Antioxidants and flavonoids also are in abundance in its pulp. However, it is rich in vitamin C, E, aryanoids, is flavonoids and polyphenols which are known for their antioxidant properties. Therefore it is considered as a super fruits because of the presence of



multiple health benefits due to nutrients like vitamin A, vitamin C, folic acid, copper, manganese, fibre, flavanoids, phyto-chemicals lycopene and antioxidants, it is also a powerhouse of fibre. The vitamin C contents develop immune system which prevents fungal, bacterial and viral infections. The abundance of vitamins A and C contribute here – especially vitamin C, which enhances skin firmness, however, it is a good sources of antioxidants which can protect your skin from damage and delay signs of aging. In Japan, guava leaf tea is taken to promote health and prevents diabetes as this helps to absorb maltose and sucrose thereby control blood sugar levels. Red guavas generally have a pronounced and typical fragrance. Its plants bearing fruit under rainfed condition due to its tap root system and strong structure of conpy. Therefore, its plants required less water in summer months and its can tolerate high temperature. Moreover, its plants can easily tolerate the winter in Jammu subtropics. The demand of red flush guava increasing day by day. Red guavas are sold in varying degrees of ripeness and the cost of red guava is more as compared to white guavas. However, it's best to consume it within two days after picking. Internally, the flesh is red and the ripe fruits have rich flavour with sweet-tart taste. Each fruit contains numerous tiny, semi-hard edible seeds, concentrated especially at its center. Guava is best option to manage diabetes and regularly eating guava made a big difference in their blood sugar levels and providing energy in body. Fruits are often confused as blood-sugar level spiking agents, but, guava is one of the most beneficial fruits that help keep the blood sugar levels in check. The high amounts of dietary fibre in guavas can positively affect the glucose blood sugar levels and prevent spikes in diabetes patients. Therefore, it is considered a good fruit



Fig. 1: Red flush guava at RRSS, Raya, SKUAST-Jammu

in the diabetes peoples. It is only fruit which gave twice fruiting in the year and its canopy can be very easily as its plants are thorn free. In China, peeled guavas are also taken to treat diabetes since the ancient times. The different components of guavas such as fruits, barks, leaves are beneficial against bacteria such as *Micrococcus pyogenes* and *Escherichia coli*. Fruits extract of guavas are useful against Salmonella and also used as laxative. The folate of guavas is good for pregnant women as it prevents defects in new born baby. It acts like an alkali inside the body. The alkaline properties of guavas are used in the treatment of acidity and hyperacidity. Guava juices are helpful in releasing of toxins from the body, especially from the stomach. Guava extract's antimicrobial properties also help treat acne as they are effective in eliminating the bacteria that cause acne. Guava is highly useful for the treatment of blood pressure, hypertension and heart disease. Guava contains adequate fibre and also hypoglycemic in nature which helps to control

cholesterol levels and blood pressure. Guava improves heart health, prevents stroke by controlling high blood pressure and lowering cholesterol which is credited to the presence of moderate quantity of potassium. In fact, guava is one of those foods that have almost no side effects. Guava fruits are very important to provide energy for during pregnancy and breastfeeding lady. Guava is good source of iron and maintains body's nerves and muscles, and this can ease stress. Guava's antimicrobial properties can also fight the harmful gut microbes and prevent digestive infections.

**Market demand:** Red flush guavas are more attractive due to its fragrance, colour, softness and small size seeds. It is spherical in shape. Their leaves are in green colour and their flowers are white. Its juicy red pulp is more tasty as compared to white pulp guava. The demand of red flush has more and people are very like to consume due to its fruit being rich sources of vitamin A and antioxidants.

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