

Dragon fruit-as a medicine plant

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Local survey of market at Hathras, Aligarh, Agra and Mathura, Dragon fruit have a surprising number of phytonutrients. Rich in antioxidants, they contain vitamin-c (equivalent to 10 percent of the daily value), Poly unsaturated fatty acids, and several “B” Vitamins for carbohydrate metabolism, as well as carotene and protein.

Dragon fruit or red pitaya belongs to the cactaceae family from the sub-cactoideae of the cactea the Dragon fruit plant is magnificent to be hold with stunning and beautiful fruit that exhibits vibrant colour and shape. Dragon fruit is not only attractive but is also flavorful that is slightly similar to Kiwi and Melon that possess amazing health benefits.

That is believed to be native in central and southern America and has been brought to southeast Asian countries including Malaysia, Indonesia, Taiwan, Thailand, Sri Lanka, Bangladesh and Vietnam.

Fruit used in chikungunya and dengue diseases in India. Dragon fruit boosts immune system. Dragon fruit which is in vitamin c and fibers that help provide an overall healthy body. Some work have been done by

Sharma and Sharma (2018)

Reference:-

Sharma A.K. & Sharma R.B., Survey of Medicinal plant of Hathras used in skin diseases curr. Sci. medicine science 3 (1): 16-18 (2018)