WHAT A PINEAPPLE CAN DO FOR YOU?

by:

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Pineapple (Ananas comosus) is a tropical fruit that is highly relished for its unique aroma and sweet taste; renowned as a flavorful fruit since it contains a number of volatile compounds in small amounts and complex mixtures (Ali et al, 2020). Further, it is also a rich source of minerals and vitamins that offer a number of health benefits.

On a therapeutic review of this tropical fruit conducted by Rahman et al (2020), several parts of this plant have been studied which include its stem, peel, crown, leaves and fruits. Extracts of this plant has been confirmed to have medicinal possessions such as protein anti-aggregation, wound healing, anti-proliferative, pro-apoptotic, anti-rheumatic, anti-inflammatory, antioxidant, antimicrobial, anti-diabetic, anti-coagulant, anthelminthic, anti-hyperglycemic, anti-plasmodial, anti-pyretic and cardioprotective properties.

In addition, Wali (2019) claimed that pineapple possesses many biologically useful that would contribute to various health benefits when checked in the form of pineapple extract including bromelain.

In an Indian journal, Ud (2019) explains that bromelain is the major proteolytic enzyme found in pineapple which provides considerable health benefits. It is known as a digestive aid and as an anti-inflammatory agent. Aside from that, bromelain is used against skin burns, sinus inflammation, osteoarthritis, hay fever, upper respiratory tract infection and cardio vascular diseases; and also reduced tumor cell growth and cancer progression.
According to Hatanaka and Ware (2019), pineapple has five possible health benefits. These are: (1) boosting the immune system, (2) aiding digestion, (3) fighting cancer, (4) promoting healthy skin, and (5) supporting eye health.

Likewise, Butler and Ware (2018) explains that increasing consumption of plant foods like pineapples decreases the risk of obesity, overall mortality, diabetes, and heart disease. More than that, it also stimulates a healthy complexion and hair, increased energy, and an overall lower weight.

Aside from the benefits that was mentioned above by researchers and medical experts, what more would you ask for from this extraordinary fruit? Eat your pineapple today and start the healthy you!
References:


