

What are the health benefits of consuming dragon fruit? Explains Acharya Manish (Founder Suddhi Ayurveda)



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**Improves Cardiovascular Health** – It improves your cardiovascular health, possibly help reduce your risk of heart attack and stroke, lower your harmful cholesterol levels and promotes healthy blood flow. Being a good source of **dietary fibre**, the regular consumption of the fruit can help maintain a healthy heart and blood pressure in the long run. It is essential to be vigilant about the level of fluctuations in haemoglobin levels. Low haemoglobin levels may cause kidney failure. Dragon fruit reduces the chance of anaemia.

**Loaded with vitamins** – Dragon fruit is packed with other essential vitamins like B1, B2, B3, calcium, phosphorous, iron, potassium, protein and niacin, which is necessary to kick off diseases and infections. Apart from this, regular potassium consumption is vital for our body's cellular, electrical, and nervous functions as it plays a significant role in maintaining water content, pH or acid balance in our body. Calcium helps maintain bone structure, B3 that enables to soothe sunburnt skin.

**Reduces Inflammation** – Dragon fruit contains explicitly proteins and enzymes, which help our body regenerate and repair cells. Due to the nutrients present in this fruit, it is used during the treatment of injuries. Apart from this, it also reduces liver fat, it also increases your metabolism, and its effect lasts longer. It provides relief from inflammation and might reduce the severity of your pain. It gives instant relief from the inflammation, redness, and itchiness caused by the harsh ultra-violet rays.

**Helpful in digestion** – This fruit is also beneficial in many stomach related diseases. Dragon fruit possession also helps to cure indigestion. Rich in fibre, this fruit has a high amount of water. Due to which it is considered suitable for constipation patients. Due to the fibre present in it, it helps treat irritable bowel syndrome (IBS). Irritable bowel syndrome means intestinal disease. Stomach pain is difficult, restlessness and bowel movements.



**Lowers Blood Sugar in Diabetics** – It can also help people with type 2 diabetes lose weight and help normalize blood sugar levels. According to various studies, dragon fruit helps in regulating blood sugar level in diabetic patients. Besides, the fruit is a source of polyphenols, carotenoids, thiols and glucosinolates. High fibre present in it, which helps prevent excess sugar spikes after meals.

**Beneficial for skin** – The amount of this nutrient in dragon fruit is high, which may help protect against the dullness of skin and bring back the fresh and rejuvenated look. Not only can this, applying the paste of dragon fruit flesh regularly on the face slows down the process of ageing. Additionally, the fruit works wonders for acne-prone skin and inflamed skin when applied topically.

**Supports Your Immune System** – Dragon fruit can help promote healthy digestion and gut health. It strengthens the immunity, is a good source of vitamin C, promotes healthy teeth, and reduces the chance of getting sick. It performs a role in cancer prevention by the immune-boosting ability of vitamin C help prevent cancer.

**Helpful in lowering cholesterol** – Some food and lifestyle changes can reduce cholesterol. Dragon fruit has a small amount of cholesterol which keeps your heart healthy. It again can fight LDL levels with abundant antioxidants.