

Health benefits of guava leaves essay sample

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Guava is a tropical fruit originating in Mexico and various parts of America. Nutritionists recommend Guava fruit over Oranges as it is enriched in vitamin C and cheaper than oranges. Health benefits of Guava Leaves

Aging and age related diseases

Guava Leaves are enriched with antioxidant properties. The presence of antioxidants aids in prevention and repair of damages of the cell caused by free radicals, eventually slowing the aging process and diminishing ailments associated to aging (osteoarthritis, cardiac attacks, cancers, etc).

Gastrointestinal Problems

The use of Herbal extracts from Guava Leaves can slow down diarrhea due to bacteria such as Escherichia Coli, Salmonella Spp., and Staphylococcus aureus. Guava Leaf extracts have also effectively treated diarrhea in patients with cholera. Weight loss

Research has established the benefits of Guava Leaves for weight loss.

Guava leaves work by prohibiting starch from altering into sugar. Diabetes

Guava leaves have been used for treating diabetes since ancient times.

Guava Leaf extracts decreases blood glucose levels without changing the insulin level. Allergies

Guava Leaves contains anti-histamine properties which restricts the discharge of histamine. External use and Health benefits of Guava Leaves

- Guava Leaves relieves arthritis pain when applied as a paste over the affected area.
- Guava Leaves have natural healing properties and aids in speedy recovery of wounds if they are crushed and applied over the infected area.
- Relieves from dental ache if fresh Guava Leaves are chewed on.
- Guava leaves aids in soothing sore throat and healing inflamed gums when converted into a decoction and used for gargling or as a mouthwash.
- Research has also proved the efficacy of Guava Leaves in controlling blood pressure, acne and cholesterol.
- Of the many health benefits of Guava leaves, it also includes the boost of sperm production.