

Nutritional Facts, Health Benefits and Good Reason to Eat Banana Today in Maharashtra

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Abstract-

This is one of the oldest cultivated plants in various region . All parts of the banana plant have medicinal use: the flowers in bronchitis and dysentery and on ulcers; cooked flowers are given to diabetics; the astringent plant sap in cases of hysteria, epilepsy, leprosy, fevers, hemorrhages, acute dysentery and diarrhea, and it is applied on hemorrhoids, insect and other stings and bites; young leaves are placed as poultices on burns and other skin afflictions for various skin related problem; the astringent ashes of the unripe peel and of the leaves are taken in dysentery and diarrhea and used for treating malignant ulcers; the roots are administered in digestive disorders, dysentery and other factor; banana seed mucilage is given in cases of diarrhea in India. Antifungal and antibiotic principles are found in the peel and pulp of fully ripe bananas. The antibiotic acts against Mycobacteria. Banana is the common name for herbaceous plants of the genus Musa and for the fruit they produce.

Keyword: Musa Paradisiacal, Medicinal Applications, Beneficial Effects, Immunity Booster

Introduction-

Fruits are important component of healthy diet. Some fruits offer greater medical benefits, one such fruit is banana. Banana, plantain, or Musa paradisiaca is a large, herbaceous plant native to India and Southeast Asia. Banana is the common name for herbaceous plants of the genus Musa and for the fruit they produce. It is one of the oldest cultivated plants. All parts of the banana plant have medicinal applications. Bananas are excellent source of potassium, vitamins, etc. Bananas contain three natural sugars such as sucrose, fructose, and glucose combined with fiber. Banana plantation approximately occupies 106,947 ha (data from the Office of Agricultural Economics, Ministry of Agriculture, Thailand, for the 2002 growing season). It exhibits biological activity such as antidiabetic, antiulcerogenic, antitumoral, antiatherogenic, anti-diarrheic, and antimutagenic. Bananas are one of the fruits which patients with ulcer safely consume.

Material Method-





Traditional (cultural) Medicinal uses of bananas

With the help of questions and survey method in Anjangaon Surji region. Ranking of food items as per their consumption in the country puts banana in the fourth place after rice, wheat and milk. Bananas help in treating some emotional and bodily sicknesses. They contain tryptophan, which is an essential amino acid required in the production of serotonin, which helps a person relax, improve overall mood and feel happy. This indirectly shows that bananas help in increasing the synthesis of serotonin thereby, curing depression and healthy happy hormones release in body. Bananas contain high amounts of iron, which helps stimulate the production of hemoglobin in the blood. So, they can be used in cases of anemia, which is a condition caused due to lack of or low levels of iron in the body.

Result & Discussions-

Sr.No	Male/Female	Hypertensions	Anemia	Cough	Bodily sicknesses	Emotional sicknesses	Stomach Pain
1.	Male	-	+	-	-	-	-
2.	Male	-	+	-	-	-	-
3.	Male	-	+	-	-	-	-
4.	Male	-	+	-	-	-	-
5.	Male	-	+	-	-	-	-
6.	Male	-	+	-	-	-	-
7.	Male	-	+	-	-	-	-
8.	Male	-	+	-	-	-	-
9.	Male	-	+	-	-	-	-
10.	Male	-	+	-	-	-	-
11.	Male	-	+	-	-	-	-
12.	Male	-	+	-	-	-	-
13.	Male	-	+	-	-	-	-
14.	Male	-	+	-	-	-	-
15.	Male	-	+	-	-	-	-

16.	Male	-	-	-	-	-	-
17.	Male	-	-	-	-	-	-
18.	Male	-	-	-	-	-	-
19.	Male	-	-	-	-	-	-
20.	Male	-	-	-	-	-	-
21.	Male	-	-	-	-	-	-
22.	Male	-	-	-	-	-	-
23.	Male	-	-	-	-	-	-
24.	Male	-	-	-	-	-	-
25.	Male	-	-	-	-	-	-
26.	Male	-	-	-	-	-	-
27.	Male	-	-	-	-	-	-
28.	Male	-	-	-	-	-	-
29.	Male	-	-	-	-	-	-
30.	Male	-	-	-	-	-	-
31.	Female	-	+	-	-	+	-
32.	Female	-	+	-	-	+	-
33.	Female	-	+	-	-	+	-
34.	Female	-	+	-	-	+	-
35.	Female	-	+	-	-	+	-
36.	Female	-	+	-	-	+	-
37.	Female	-	+	-	-	+	-
38.	Female	-	+	-	-	+	-
39.	Female	-	+	-	-	+	-
40.	Female	-	+	-	-	+	-
41.	Female	-	+	-	-	+	-
42.	Female	-	+	-	-	+	-
43.	Female	-	+	-	-	+	-
44.	Female	-	+	-	-	+	-
45.	Female	-	+	-	-	+	-
46.	Female	-	+	-	-	+	-
47.	Female	-	+	-	-	+	-
48.	Female	-	+	-	-	+	-
49.	Female	-	+	-	-	+	-
50.	Female	-	+	-	-	+	-
51.	Female	-	+	-	-	+	-
52.	Female	-	+	-	-	+	-
53.	Female	-	+	-	-	+	-
54.	Female	-	+	-	-	+	-
55.	Female	-	+	-	-	+	-
56.	Female	-	+	-	-	+	-
57.	Female	-	+	-	-	+	-

58.	Female	-	+	-	-	-
59.	Female	-	+	-	-	-
60.	Female	-	+	-	-	-

Discussion-

In Anjangaon surji region with help of the survey method health benefits are found during investigation. Peoples there is 30 male and 30 female is selected for sampling and monitor in one year 2021-22. During the session regular intake of banana twice in a day and observe that regular intake of Banana in human body works .Hypertension of male and female is less and happy behavior observe with help of survey method. Cough is also not observe in male and female during investigation.15 male are anemic in condition and 15 female are also anemic in condition are observed during survey. Body sickness & fatigueless and stamina they becomes little more than decreases than previous health. Their is emotional health improvement also observe and banana gives the improvement in hypertension, cough, bodily sickness, emotional sickness, improve in sleep pattern also and depression.

Medicinal Benefits of Banana-

Increasing global banana production, yields of banana – both dessert and cooking types of banana– are far below their potential. Production is affected by of pests and diseases such as Fusarium wilt, bacterial wilts, nematodes, weevils, black leaf streak and bunchy top; declining soil fertility; abiotic stress such as drought and extreme weather events brought about by climate change. Millions of people around the world depend on Banana is a source of food and income. (Kothawade;2019)

Food and Drug Administration of (FDA) has been also confirmed the importance of bananas in reducing the risk of blood pressure and stroke due to its high potassium and low salt content. Bananas also contain Vitamin B6 that helps alleviate symptoms of Pre – Menstrual Syndrome in girls is recently observe. Eating a banana between meals can help reduce morning sickness because it stabilizes sugar levels and provides the necessary vitamins required by the mother and the developing fetus. A banana plant is often installed in the corner of a rice field as a protective charm. Malay women bathe with a decoction of banana leaves for 15 days after childbirth. Early Hawaiians used a young plant as a truce flag in wars. Studies have also verified that banana helps in fighting hangovers, constipation, heartburn, mosquito bites, stress, ulcers, and temperature control. In most of the Hindu temples and functions bananas are distributed to devotees and visitors respectively and also use in Sataynarayan pooja and all festival.

Conclusion

Globally banana plant are having various parts that consumed as a part of food and used in traditional medicine for treatment of several diseases. Several finding suggest that various parts of banana can cure many diseases and useful in other areas also. Further studies are required to characterize effective molecules which serve as novel food medicines in future for health benefits of people and consumption is also increase and economically farmers is improved in own field.

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