



Grapes and Its Benefits

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Grapes are a go-to snack for picnics and lunchboxes, but don't take them for granted. For thousands of years, they've been used in some cultures as medicine. Each of these small fruits is loaded with over 1,600 compounds -- and many of them can help keep you healthy.

Benefits

It Boosts the individuals Immunity.

Vitamin C: One cup of grapes provides 4.8 milligrams of vitamin C, which is essential for boosting immunity. Person's body does not naturally produce vitamin C so it is important that you eat plenty of foods that are full of vitamins.

Antimicrobial Properties: Grapes also support the immune system through their natural antimicrobial properties that protect individual against bacteria and viruses. The pigment found in grapes, as well as many other fruits and vegetables, may have antimicrobial properties.

Provides Helpful Antioxidants: Grapes contain numerous different antioxidants. Quercetin—an antioxidant that gives purple and black grapes their beautiful colors—protects against neurodegenerative diseases. Researchers found that grapes somewhat protected against the onset of Alzheimer's disease. Additionally, another antioxidant found in grapes, called polyphenols, supports gut health which boosts immunity and promotes positive moods.

Promotes Better Sleep: The trace amounts of melatonin found in grapes promote lengthy and restful sleep. Melatonin is a hormone that is produced in your brain. When it gets dark outside, persons brain produces melatonin to help with persons circadian rhythm and sleep. Melatonin can help with jet lag, sleep disorders, and anxiety before or after a surgery. Getting enough sleep is key because sleep deprivation is tied to a number of health risks, including: Obesity, Diabetes, High blood pressure, Heart disease, Kidney disease, Stroke, Depression, Higher risk of injury, Improves the Heart Health. Grapes also promote cardiovascular health in a number of different ways. A study found that the compound resveratrol found in grapes contains antioxidant and anti-inflammatory properties and has also be found to: Fend off artery hardening, Reduce blood pressure, Prevent strokes and heart attacks. The study concluded that resveratrol could be used in treatment for metabolic syndrome (which is associated with an increased risk of heart disease) since it has beneficial effects on hypertension, obesity, inflammation, diabetes, and dyslipidemia.

Protects Eyes: Two pigments found in grapes, lutein and zeaxanthin, protect eye health. Per a study published in 2022, those pigments help to: Increase visual range, Lessen discomfort from glare and bright lights, Enhance visual contrast, They also help lower the risk of macular degeneration and cataracts, which are two of the most common eye issues.

Keeps individual Hydrated: Staying hydrated helps to eliminate waste in the body through urination, perspiration, and bowel movements. In addition, staying hydrated helps the body: Maintain a normal temperature, Lubricate joints, Protect the spinal cord and other tissues, Reduce calorie intake (when substituted for drinks with calories)

Conclusion

Grapes are rich in nutrients. They provide a good source of vitamin K, calcium, magnesium, and potassium—all of which support bone health. A lack of those nutrients may increase the risk of bone fractures.

