

HEALTH INGREDIENT OF POMEGRANATE

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ABSTRACT

Pomegranate (*Punica granatum* L.) is an ancient fruit that is widely consumed as fresh fruit and juice. The use of pomegranate fruit dates from ancient times and reports of its therapeutic qualities have echoed throughout the ages. Both in vitro and in vivo studies have demonstrated how this fruit acts as antioxidant, antidiabetic, and hypolipidemic and shows antibacterial, antiinflammatory, antiviral, and anticarcinogenic activities. The fruit also improves cardiovascular and oral health. These beneficial physiological effects may also have preventive applications in a variety of pathologies. The health benefits of pomegranate have been attributed to its wide range of phytochemicals, which are predominantly polyphenols, including primarily hydrolyzable ellagitannins, anthocyanins, and other polyphenols. The aim of this review was to present an overview of the functional, medical, and physiological properties of this fruit.

Keywords: Pomegranate, In Vitro, Antioxidant, Antidiabetic, Hypolipidemic, Anti-Inflammatory, Antiviral, Anticarcinogenic.