



ANTIPARASITIC EFFECT OF PUMPKIN SEEDS ON INFANTS

Sumaira Nasreen
Md Tahir

Khan Nahid
Kayyum

Asma Bano Afzal
Baig

ABSTRACT In this article we will study about the different properties of pumpkin seeds which will help the infants in the digestion of the food which they intake. Pumpkin seeds helps to kill the parasite in the body of infants as well as adults. The anti-parasitic property of pumpkin seeds will be studied in the article.

KEYWORDS :

INTRODUCTION

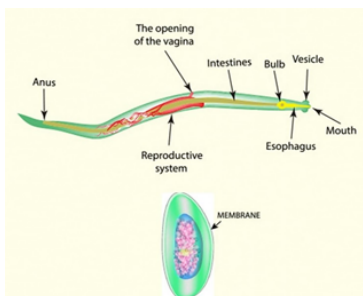
We have all gone through a common problem related to stomach worms. We all had our hard time releasing those intestinal worm from the body. There are medicines available in pharmacies to kill stomach worms. That come with the short term effect and contains side effects. Glad there are few home remedies available to cut stomach worms.

Stomach worms exist in the gastro-intestinal tract, on the intestinal wall. Stomach worms create high discomfort and can emerge due to:

1. Weak immune system
2. Eating raw material.
3. Inadequate sanitisation and hygiene.
4. Drinking contaminated water.

There can be different types of stomach worms which can cause discomfort in the infants, these may include pinworms, whipworms, tapeworms, flukes, roundworms. They can cause weight loss, abdominal pain, diarrhea, vomiting, nausea, fever, dry cough, anemia, bloating gas.

Viruses, bacteria and parasites are living organism that are found all around us. They are in water and soil. They are on the surfaces of the food that we eat. They are also on surfaces that we touch such as counter tops in the bathroom or kitchen. Some bacteria live in and on our bodies and don't cause problems other kind of bacteria (as well as parasites and viruses.) can make us very sick if they get inside our bodies. Bacteria and viruses can live outside of the human body (such as on our countertop) sometimes many hours or days. But parasite need a living host to survive.



Bacteria and parasites can be often killed with antibiotics. But these medicines can't kill viruses. Children sick from a virus can be given medicines to make them feel better. But antibiotics don't fight viral infections.

Bacteria, viruses and parasites can cause many illnesses. They can infect any organ in the body. Viruses are often the cause of respiratory illnesses (such as the common cold) and digestive illnesses (such as diarrhea). Hence it becomes necessary to treat these parasites in the body specially of the infants. Some natural home remedies can be used on the infants which are explained below.

MATERIAL AND METHOD

The different types of material which were used to work on the parasitic effect on the infants are explained below with their different properties and effects.

Pumpkin seeds (cucurbit sp.)

Pumpkin seeds also called as kaddu ke beej (in Hindi) belong to family cucurbitaceae. They are warming, sweet, heavy, oily, and blood building. In fact, if you puree them in butter the oil that separates out is blood red. Building the blood generally boosts the immune system and digestion. Also known as pepitas, pumpkin seeds are easy to digest and have been shown to regulate insulin levels. Pumpkin is widely used due to its following properties:



Anthelmintic Effect

Gastrointestinal parasites are serious pathogens in humans and animals. Intestinal, in particular, are known to be highly rampant in global populations. With more than 3.5 billion people being infected annually, pumpkin seed extract induced a significant suppression on the number of adult *H. nana* worms and their egg production. The chemicals in the pumpkin seeds cause an increase in urination (diuretic effect) which helps relieve bladder discomfort. Pumpkin seeds also contain a chemical that might kill intestinal worms.

Flax seeds gel (linum usitatissimum L.)

Flax seed is a member of the genus *linum usitatissimum* in the family *linaceae*. It is an important oil seed crop used in food, feed, and industrial applications. Flax seeds are smaller than peppercorns but can add tremendous benefits to the digestive health if one includes them in the diet. Benefits of flax seeds

1. They are an excellent source of omega-3 fatty acid
2. They contain soluble fibre. This is the type of fibre that to digestive process along.
3. They contain lignans, a beneficial type of a plant derived substance.
4. The oils they contain contribute to digestive regularity by lubricating the system.
5. They are a rich source of vitamins, minerals.

Honey (madhu)

Honey is a sweet, viscous food substance made by honey bees and some other bees. It contains anti-oxidant which can protect the body from inflammation. It is also used to treat the peptic ulcers and diarrhea. Honey is anti-oxidant and free radical scavenging. Reflux may be caused in part by free radical that damage cells lining the digestive

tract. It prevent the damage by removing free radicals. It also helps remove inflammation in the esophagus. In this article honey can also be used for sweetening the preparation as it is made for paediatrics.

Method of preparation.

Pumpkin seeds were added in the water and were boiled to obtained the extract .this extract was further boiled with flax seeds gel . The gel was then mixed properly till is consistency was obtained . Honey was added as such to mask the taste in the seeds and the gel . It was then filled in the proper container. The quantity of the ingredients have been mentioned in the table .

Table no. 01

Sr.no	Ingredients	Biological name	F1	F2	F3	F4
01	Pumpkin seeds	Cucurbita sp.	50	48	52	45
02	Flax seeds gel	Linum ussutatissimum	30	35	22	30
03	Honey	Madhu	20	17	27	20

RESULT

The practical was performed successfully and it was found that the ingredients help and work to decrease the pain and inflammation in the body of the infants .

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