



THE HEALTH BENEFITS OF BANANA (A CONCISE VIEW)

Health Science

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ABSTRACT

Banana, belonging to family Musaceae and considered as a healthy food that carries a health benefits cultivated as a crop as well considered as tallest herbal plant. Banana as a diet per 100g fruit is a rich source of carbohydrates and carries calorific value of 67calories with well-liked and widely traded fruit grown on 8.8million hectare as well as oldest cultivated crop categorized as tallest plant with pseudo stem. Commercially, Musa cultivated under the tropical and subtropical condition. Pharmaceutical, packaging, and wound dressing purposes. Concisely, all parts of the plants are used for numerous purposes.

KEYWORDS

INTRODUCTION:

In modern world, basic facets of the today's life are health and diet. To be healthy, primvital requirement and need of humans is the healthy food. Among healthy food, plants are the primary source and are the autotrophs that provides diet and necessities in life. Within the whole plant some parts exhibit properties that fulfils the requirement in life. Herbalist or physiciat prefer and recommends in majority a herbal plants. Herbatiuous plants have importance in its own medicinally as well as in daily life under the balanced foods. Banana, herbatiuous plants and oldest plant cultivated all over the world belonging to genus Musa and family Musaceae.¹ Banana as a diet per 100g fruit is a rich source of carbohydrates and carries calorific value of 67calories with well-liked and widely traded fruit grown on 8.8million hectare as well as oldest cultivated crop categorized as tallest plant with pseudo stem. Commercially, Musa cultivated under the tropical and subtropical condition. Natively, Bananas are procured from tropical south and south east Asia and firstly domesticated in Papua New Guinea but now a days cultivated in all tropical areas. On commercial purposes, At least 107 countries cultivated on large scale for its fruit production but others on lesser scale for fibre manufacture, wine and ornamental plants. It is an herbaceous plant used for cooking and also as dessert globally.²

In world's market bananas are exported as Cavendish type bananas with contribution of 47%. Cavendish bananas are exports from small farms to large plantation from few acres to thousands of hectares. Globally, leading producer other than cavendish is from 5 countries as India (19%), Ecuador (12%), china (10%), Columbia (6%) and costa Rica (5%).

In short, banana (*Musa paradisiaca*, family Musaceae) is a central fruit that carries importance in terms of health and prebiotic as a medicinal plant. In tropical Asia, Banana and plantain are perennial crops and important fruit crops in the tropical world grows quickly as well as major staple food of person living in the developing countries.³

Mostly, in developing countries tropical areas uses green (unripe)bananas for cooking purposes. Globally, cultivators (cultivars)grows group *Musa acuminata* in genus *Musa* having triploid AAA which commonly known as cavendish bananas and came into existence in 1836 increased its production by 30% over 1990's to increased the world's output. As per data, in 2011 India plays an important role in the production for domestic consumption and as a crop related to trading purposes in India, banana grows on large scale in all tropical and subtropical areas and conditions except those areas having extremity in winter such as Himachal Pradesh and Jammu and Kashmir. Tamil Nadu is the largest cultivar in India with estimated to having an area of 88,100 hectares and 4406000tonnes is the total production due to this India is a leader in a banana production. Banana grows 600 varieties but carries a numerous synonym. Recently, Tamil nadu university researched 115 varieties of banana and recorded as well.

Botanical source of banana: -

Bananas as per Carolus Linnaeus
Kingdom: Plantae

Division: Angiosperms

Order: Zingiberales

Family: Musaceae

Genus: *musa*

Banana plant referred as tree and herbaceous flowering plant. it grows as hanging cluster also called bunch having 3-20 tiers or commercially as banana stem. normally, an average weight is 125 grams of individual banana fruit commonly called banana or fingers.⁴

Nutritional values: -

Depending upon cultivars as primary and ripeners as secondary factors, the flesh varies in taste as from starchy to sweet and texture is of firm to mushy. Banana is highly nutritious sweet fruit used for eating whether or outer skin. Banana provides exceptional nutrition that supports muscles and lowering cholesterol and is also a great source of source of Vitamin C along with basic Vitamins and minerals. It is a prebiotic for supporting good intestinal bacteria. In addition to it is an excellent source of Vitamin B6, soluble fibre and contains manganese and potassium and named as staple starch.

In spite of nutritional values, it is a source of electrolytes and phytonutrients. Concisely, Bananas also is a excellent source of Vitamin A, Vitamin B6, Vitamin C and Vitamin D.⁵

Uses of Bananas:

Ancient Egyptians uses bananas leaves, fruits and flowering sheets for grazes and burns, infected scratches, covered by either skin of the leaf warmed in the hot water. In other ways, whole banana parts or plant is required for religious ceremonies and social ceremonies of India. Industrially useful in food, Pharmaceutical, packaging, and wound dressing purposes. Concisely, all parts of the plants are used for numerous purposes.

Banana flower:

In the south Asia and the south east Asian cuisine, Banana flowers are used in vegetables as curries, fried foods and soups (either raw or steamed). Among all parts of banana, fleshy parts (bracts and hearts) are edible.

Banana leaves:

Banana leaves are used for numerous purposes due its size and qualities. Leaves of banana are flexible and waterproof so used for the manufacture of eco-friendly disposable food container. Especially in south parts of Inia as Tamil Nadu, Karnataka, Andhra Pradesh and Kerala on every special occasion food must be served on banana leaf. They used for wrapping food often.

Banana pseudo-stem:

In the south Asian and south east Asian cuisine, Banana plant's trunk with tender core used as Mohinga (Burmese dish). Banana plant has long been a fibre source. In Tamil Nadu trunk (outer layer of shoot) converted in to fine threads for the flower garlands manufacture. Banana fibre produces Banana paper that is made from bark and fibres of pseudo stem. This banana paper is handmade and is used for industrial process. In Assam, kolakhar (water extract of ash of pseudo

stem, peel or corm) as food additive that used widely by rural folk. In ancient times, kolakhar used widely as soaps, detergents for cloth washing as well as hair shampooing. In addition to it, it is also used to prevent the bacterial infection, cut injuries and for healing process acceleration.^{6,7,8,9}

Health benefits of bananas:

1. Fresh banana is the rich source of potassium for controlling heart rate and blood pressure as well as for counteract the bad effects of sodium.
2. It is a source of vitamin C with developing resistance in body from infections and scavenges harmful oxygen free radicals.
3. It is also a rich source of Vitamin B6(Pyridoxine). Pyridoxine is used for anaemia and nutrients. In addition to it, banana decreases homocysteine levels within the body.
4. Banana contains soluble dietary fibre for helping normal bowel movement and also reduces the constipation problems.
5. It is used for promotion of poly-phenolic anti-oxidants as zeaxanthin, lutein, and in small amounts alpha and beta-carotenes.
6. Fresh banana plays an important role in the production of red blood cell due to adequate minerals (Copper, manganese and magnesium) in it for strengthening of bone and cardiac protect property and manganese in it used as co-factor for the anti-oxidant, superoxide dismutase.^{10,11}

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