

Jabuticaba and Its Health Benefits

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Available online at
www.sunshineagriculture.vitalbiotech.org

Article History

Received: 4. 03.2022

Revised: 13. 03.2022

Accepted: 18. 03.2022

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INTRODUCTION

Jabuticaba or Jaboticaba is an exotic fruit scientifically known as *Plinia cauliflora*, is a tree belonging to family Myrtaceae which is native to Brazil. Jabuticaba is also known as Brazilian grape, Guapurú, Yabutica, Jaboticaba, Yvapuru, Taanumox and Jabuticaba. It is one of the rarest and bizarre fruits known to mankind, as this fruit appears to blossom right out of the bark and trunk (cauliflorous bearing habit) of its tree, which covers the tree in purple warts when it is fully in season.

Description

Plant

Jabuticaba is a tropical evergreen, branched slow-growing tree that reaches a height of about 5-13 m. The leaves are salmon-pink when young, turning green as they mature. Tree is widely adaptable grows well in moist, rich, lightly acidic soil. Flowers are white and grow directly from its trunk in a cauliflorous habit. Trees flower and fruit around 5 -6 times throughout the year. It has compact, fibrous root system. Jabuticaba are tropical to subtropical plants and can tolerate mild, brief frosts, not below 26°F (-3°C).

Fruit

The fruit has a hard skin with four large seeds in the centre which grows to 3-4cm diameter with a sweet and soft pulp. It has a thick, purple, astringent skin that encases a sweet, white or rosy pink gelatinous flesh. Jabuticaba seeds are recalcitrant and they become unviable within 10 days when stored at room temperature.

Health Benefits

Jabuticaba juice is best known for its potential anti-oxidants, anti-inflammatory and anti-ageing traits that are known to improve skin health, lung power, stimulate digestion, prevent cancer, and augment overall health. Aside from these, it combats asthma, regulates heart health and type 2 diabetes.

Respiratory anomalies

Jaboticaba fruit has a positive impact on respiratory functions and mitigates the symptoms associated with asthma. It helps to clear obstructed bronchi, airway and nasal passages and chest congestion and opens bronchi thus combatting asthma. Regular intake of this fruit can improve the quality of life of a person suffering from asthma remarkably.

➤ **Anti-Inflammatory Effects**

Jaboticaba is credited to have strong anti-inflammatory and antioxidant traits that reduce inflammation and keep infections at bay. It helps to avert the risk of various inflammatory diseases like asthma, hepatitis, inflammatory bowel disease, arthritis, glomerulonephritis, and COPD.

➤ **Skin health**

Jaboticaba is a powerhouse of antioxidants, fruit extract is beneficial in delaying early signs of ageing like dark spots, wrinkles, and fine lines. Jaboticaba extracts are used in the preparation of skincare essentials. Aside from these, jaboticaba pulp when mixed with oatmeal and honey is an excellent face scrub that makes skin radiant and toned.

➤ **Promotes hair growth**

Jaboticaba extract is a natural remedy for hair loss. Imbued with ample amounts of hair-friendly nutrients and plant compounds it strengthens hair follicles, averts hair loss, and promotes the growth of lustrous and voluminous mane. The fruit extracts are used widely in several hair care products.

➤ **Prevents cancer**

Jaboticaba fruit is prized for its powerful antioxidant and anticancer activity. It contains more phenolic compounds, anthocyanins and other phytonutrients help in combatting free radicals, avert cell damage and DNA mutations. These traits eliminate free radicals and lower the risk of colon and certain other cancers.

➤ **Improves heart health**

Anthocyanins and polyphenols present in the fruit lowers the risk of cardiovascular

disease. The active plant compounds present in jaboticaba fruits aids to manage lipid profile diminishes triglycerides and bad LDL cholesterol levels in the body and increases good HDL cholesterol.

➤ **Remedies diarrhoea**

The natural astringent properties of jaboticaba extracts are vital in fighting diarrhoea. Jaboticaba fruit blessed with essential vitamins and minerals support the gut microbiome, regularise bowel movements and prevent dehydration.

➤ **Good for the gut**

The goodness of dietary fibre in jaboticaba fruit helps to regulate intestinal flora and stimulates the digestion process. It also thwarts off detrimental toxins from the gut and averts gastric damage. Regular addition of this woody fruit enhances digestive health and treats other gastrointestinal woes.

➤ **Fortifies Bone**

Laden with calcium, potassium and magnesium jaboticaba is highly valuable for strengthening bones and maintain dental health. These essential minerals promote bone mineral density, support connective tissue, and averts them from becoming brittle and lower the risk of fractures and osteoporosis.

Side Effects

Jaboticaba fruit is likely safe for all healthy adults when taken in moderate amounts. Excessive intake of fruit extracts would lead to a build-up of tannin in the body which is carcinogenic when taken over a long period of time. The skin of the fruit may lead to constipation when consumed in a large amount.

CONCLUSION

Jaboticaba is unique fruit blessed with a wealth of essential nutrients and known to possess anti-ageing, anti-inflammatory, and antioxidant qualities. Potent anthocyanins found in the dark purple skin of the fruit lowers the risk of chronic diseases and optimises overall health and well-being.