

## Jabuticaba and Its Health Benefits

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### INTRODUCTION

#### Lemongrass

Lemongrass (*Cymbopogon citratus*), sometimes called lemon grass or citronella, is a tall grass-like ingredient commonly used in Southeast Asian cooking. The lower stalks and bulbs of the plant have a fresh, clean, lemony scent that is sometimes also added to non-alcoholic beverages, as well as teas, marinades, curries, and broths.

#### Lemongrass Benefits

Lemongrass can help with a variety of common ailments, like anxiety, common colds, fever, inflammation, and insomnia. When taken orally, lemongrass is often used to calm stomach discomfort and other gastrointestinal issues, including cramps and vomiting.<sup>1</sup> Lemongrass tea is known to treat stomach ailments, indigestion, and gastric ulcers by protecting the stomach lining.

#### Lemongrass may also be consumed to treat:

- Anxiety
- Cancer prevention
- Common cold
- Cough
- Diabetes
- Epilepsy
- Fever
- Hypertension
- Musculoskeletal pain
- Rheumatism
- Sleeplessness



Figure 1



Figure 2

## **Lemongrass: A Nutrient Powerhouse with Remarkable Health Benefits**

Lemongrass (*Cymbopogon citratus*) is more than just a flavorful herb used in culinary delights; it is a nutrient powerhouse with various health benefits. This article explores the nutritional concentrations found in lemongrass and its potential impact on well-being.

### **1. Rich in Vitamins and Minerals**

Lemongrass is a notable source of essential vitamins, including vitamin A, vitamin C, and several B-vitamins like folate. Additionally, it contains essential minerals such as potassium, magnesium, phosphorus, and manganese, contributing to overall health and vitality.

### **2. Antioxidant Properties**

The presence of antioxidants in lemongrass, including citral and geraniol, can help combat oxidative stress in the body. These antioxidants may contribute to reducing inflammation and lowering the risk of chronic diseases.

### **3. Digestive Health**

Lemongrass has been traditionally used to aid digestion. Compounds like citronellol and

limonene in lemongrass may help in relieving digestive issues and promoting a healthy digestive system.

### **4. Potential Anti-Inflammatory Effects**

Studies suggest that lemongrass may possess anti-inflammatory properties, attributed to its compounds like citral. These properties may be beneficial in managing inflammatory conditions and promoting overall well-being.

### **5. Culinary and Medicinal Applications**

Beyond its nutritional value, lemongrass is widely used in culinary preparations for its unique flavor. Additionally, it has been incorporated into traditional medicine for its potential health benefits, ranging from reducing stress to supporting immune function.

## **CONCLUSION**

Lemon grass is not only a flavorful addition to dishes but also a nutritional powerhouse with potential health benefits. Including lemongrass in your diet may offer a range of nutrients and contribute to overall well-being.