

Mangifera indica

Mangifera indica, commonly known as mango, belongs to the Anacardiaceae family, which is also known as the cashew family. Mango is a tropical fruit tree native to South Asia, specifically originating from India and Myanmar. It is now cultivated in many tropical and subtropical regions around the world. Mango is not only delicious and widely enjoyed as a fruit but also possesses several nutritional and potential medicinal properties.



Kingdom: Plantae

Order: Sapindales


Family: Anacardiaceae

Genus: *Mangifera*

Species: *M. indica*

Nutritional Value and Medicinal Properties of *Mangifera indica* (Mango)

1. **Nutritional Content:** Mangoes are rich in vitamins, minerals, and antioxidants. They are particularly high in vitamin C, vitamin A (in the form of beta-carotene), vitamin E, and dietary fiber. Mangoes also contain smaller amounts of vitamins B6, K, and minerals like potassium and magnesium.
2. **Antioxidant Activity:** Mangoes contain various antioxidants, including polyphenols, carotenoids, and ascorbic acid (vitamin C), which help neutralize harmful free radicals in the body and protect cells from oxidative damage. Antioxidants contribute to overall health and may help prevent chronic diseases such as heart disease, cancer, and diabetes.
3. **Immune Support:** The high vitamin C content in mangoes supports immune function by stimulating the production of white blood cells and enhancing the body's defense against infections. Consuming mangoes regularly may help strengthen the immune system.



4. Digestive Health: Mangoes are a good source of dietary fiber, which promotes digestive health by aiding digestion, preventing constipation, and supporting a healthy gut microbiome. The fiber content also helps regulate blood sugar levels and may contribute to weight management.

5. Eye Health: Mangoes are rich in beta-carotene, a precursor to vitamin A, which is essential for maintaining good vision and eye health. Consuming foods high in beta-carotene, such as mangoes, may help reduce the risk of age-related macular degeneration and promote overall eye health.

6. Heart Health: The potassium content in mangoes helps regulate blood pressure and heart function, reducing the risk of hypertension and cardiovascular diseases. Additionally, the fiber, antioxidants, and vitamins in mangoes contribute to heart health by lowering cholesterol levels and reducing inflammation.

7. Skin Care: Mangoes contain vitamin C and vitamin E, both of which are beneficial for skin health. Vitamin C promotes collagen production, helping to maintain skin elasticity and prevent premature aging. Vitamin E acts as an antioxidant, protecting the skin from UV damage and environmental pollutants.

8. Alkalizing Properties: Despite being acidic in taste, mangoes have an alkalizing effect on the body, helping to balance the body's pH levels. Consuming alkaline foods like mangoes may help reduce the risk of chronic diseases associated with excess acidity, such as osteoporosis and kidney stones.

9. Anti-inflammatory Effects: Some studies suggest that mangoes may possess anti-inflammatory properties, which can help reduce inflammation and alleviate symptoms of inflammatory conditions such as arthritis, asthma, and inflammatory bowel diseases.

