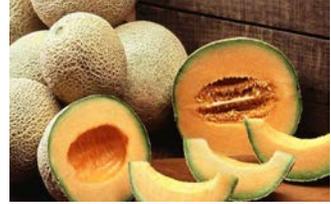


Know your fruit, The Musk Melon

Surg R Adm Girish Gupta NM, VSM(Retd), DCH, DNB, DM, FNNF
Professor of Pediatrics, SGRR Medical College, Patel Nagar,
Dehradun
Email: dscnnf@gmail.com



Muskmelon also known as kharbuja is a popular summer fruit which is loved by everyone because of its refreshing and unique taste. Many might not be aware of it but the fruit is loaded with immense health benefits. It is excellent source of Vit C & Vitamin A & very good source of Potassium. It also contains in good quantity Vit B1, Vit B6, Vit K, Folate, Copper, Magnesium and fibres.

Health Benefits:

The amazing health benefits of muskmelon are listed below:

- **Keeps the body hydrated:** The muskmelon is high in water content, which keeps your body hydrated in hot summer season. It also cools body for protection against heat. Ensures good supply of important Vitamins & minerals.
- **Controls blood pressure:** Muskmelons are rich in potassium, which helps in regulating the blood pressure.
- **Strengthens eyes:** They have high doses of vitamin A and beta-carotene, which sharpen eyesight and reduce the risk of cataract.
- **Helps in weight loss:** Muskmelons have negligible fat content. Muskmelons' seeds also have high potassium, which helps in losing belly fat.
- **Helps control diabetes:** Muskmelons help in controlling diabetes by regulating blood sugar levels.
- **Cholesterol-free:** They are absolutely cholesterol free and can be had without any worry.
- **Boosts Immunity:** Vitamin C strengthens immune system and muskmelons have plenty of it. They stimulate production of white blood cells to help fight infections.
- **Treats Ulcers:** The high quantity of vitamin C helps in treatment and prevention of ulcers.
- **Relieves constipation:** Muskmelon contains a significant amount of dietary fibre, which relieves constipation by adding bulk to your diet.
 - **Prevents kidney stones:** An extract of muskmelon called oxykine has proven qualities of curing kidney disorders and stones. It also cleanses the kidneys owing to its high water content.
 - **Helps during pregnancy:** High folate content prevents water retention by removing excess

sodium from the body.

- **Eases menstrual cramps:** Due to its anti-coagulant property it dissolves clots and eases muscle cramps.
- **Cures sleeping disorder:** Muskmelons relax the nerves and muscles to relieve insomnia.
- **Prevents risk of cancer:** The vitamin C eliminates free radicals and prevents the risk of getting cancer
- **Prevents heart diseases:** The adenosine in muskmelons has blood thinning properties, which automatically reduces the risk of heart ailments.
- **Acts as a stress reliever:** Eating muskmelons increases the flow of oxygen to the brain thereby helping in relaxation and focus.
- **Cures skin problems:** Muskmelon juice aids in treating skin problems and can also be applied as a lotion on skin abrasions to soothe burns and irritation. It also has anti-ageing properties and gives the skin a natural glow.
- **Strengthens hair and nails:** The vitamin B content in the fruit and the high protein content in the seeds strengthen nails and hair, prevents hair fall and ensures a natural shine on both hair and nails.
- **Helps in treating acidity:** Having an almost neutral pH factor, it helps tip the acid-base balance in the body towards neutral.
- **High source of protein:** The seeds contain a very high percentage of proteins in them.
- **Helps getting rid of intestinal worms:** Studies show that the muskmelon seeds help in expelling the intestinal worms from system.

How to Select and Store:

It is widely available in the market during summer season. Try to buy organically grown muskmelons as they contain more nutrients and no harmful chemicals. It should be with intact, smooth, soft skin, well shaped and mature, bright color and fresh. **Avoid buying** bruised, wrinkled skin, deformed, dull color and unripe muskmelon.

Precautions:

Whole muskmelon should be washed properly under running water as it may cause some infections and digestive problems.

How Much Muskmelon to Eat a Day:

Eating muskmelon during summer season is very good and healthy for the body nourishment however its high dose should be avoided. 300-400 gm of the muskmelon can be eaten by any normal person during the summer season.

How to Enjoy:

It can be enjoyed in variety of ways such as simple slicing, decorated slicing, fruit salad, juice,

seeds, jam, ice-cream, mix musk melon slices with yogurt, lemon and mint.

Therefore, to conclude enjoy Kharbuja ad lib, wash fruit well before peeling the skin. Eat it fresh; stored or canned fruit is suboptimal nutritionally. Regular intake of Kharbuja will keep you free of illness & you will feel more fresh. May regular intake of Kharbuja improve quality of life & provide positive health to all of us.