
AN ANALYSIS OF HEALTH BENEFITS OF BANANA

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ABSTRACT

Banana is popular term for herbaceous vegetation of Musa genus, as well as fruit y produce. It is one among first vegetation to be grown. Roasted flowers are provided to diabetics to cure bronchitis & dysentery; astringent vegetation sap is used to cure hysteria, epilepsy, leprosy, fevers, haemorrhages, acute dysentery, & diarrhoea, as well as haemorrhoids, insect & or itches & bites; & fresh leaves are used as poultices on burn injuries & sting. Anti - fungal & antibiotic chemicals can be found in peel extract of fully riped bananas. Antibiotics are used to treat Mycobacteria infections. Fungicide found in covering & pulp of green fruit protects tomato vegetation from a fungal disease. ripe peel & pulp also contain norepinephrine, dopamine, & serotonin. first two raise blood pressure, whereas serotonin suppresses stomach output & activates intestinal smooth muscle.

KEYWORDS: *Banana, diarrhoea, Health, Food, Medicine.*

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