
A REVIEW STUDY ON TOMATO AND ITS HEALTH BENEFITS

Dr. Bajrang Lal*

*Professor,

Department of General Medicine,

Faculty of Medicine

Teerthanker Mahaveer University,

Moradabad, Uttar Pradesh, INDIA

Email Id- dr.bajranglalbanthia52@gmail.com

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ABSTRACT

Tomatoes may make individuals healthier and reduce the risk of diseases such as cancer, osteoporosis and cardiovascular disease. Tomato is also excellent for liver health. Tomato has detoxifying action in the body. Probably it is due to the presence of chlorine and sulfur in tomatoes. According to certain research, 51 mg of chlorine and 11 mg of sulfur in 100 grams size of tomato play a significant function in detoxifying process. Natural chlorine helps in boosting the liver and its role for filtering and detoxifying bodily wastes. Sulfur in tomatoes protects the liver against cirrhosis, too. Tomato juice is regarded as excellent energy drink and for revitalizing the health of people on dialysis. Herbalists recognized that eating tomatoes and tomato products may decrease the risk of cardiovascular illnesses because of lycopene in it. Some research indicate that tomatoes and garlic should be eaten together at the same time to have its cancer preventative benefits. Take tomato, it will prevent hardening of the arteries. Therefore, tomato may decrease high blood pressure, too. Red ripened tomato is a strong antioxidant. Vitamin E and lycopene in tomato inhibits LDL oxidation efficiently. Bean sprouts, cabbage or barley malt contain vitamin E. Tomato is a great fruit or vegetable for fast skin cell renewal. Tomato juice may be utilized for treating sunburn due of its particular vitamin C.

KEYWORDS: Health, Lycopene Medicine, Tomato, Vitamin.

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