

PEPINO MELON

Pepino Melon, a superfruit, is packed with health benefits. Contains antioxidants, flavonoids, and phenolics boosting immunity and offering anticancer properties. Aids in reducing cholesterol, regulating blood pressure, and managing diabetes. Promotes digestive health, supports weight loss, and strengthens bones. Enhances liver health and assists in fighting liver damage caused by alcohol.

The scientific name of the fruit is *Solanum muricatum*. The highly nutritious fruit is also loaded with antioxidants, has diuretic properties, and is antiglycative, antioxidative, and anti-inflammatory. It contains flavonoids and phenol, which help in building the immune system. Its fruit extract also contains immunomodulatory and anticancer properties.

Top 12 Amazing Health Benefits of Pepino Melon

Benefits of Pepino Melon

Pepino in Spanish means cucumber, and the fruit tastes like honeydew melon and cucumbers both mixed together.



TOP BENEFITS INCLUDE:

Energy Booster

Reduces Cholesterol

Fights Cancer

Digestive Benefits

Weight Loss

Strong Bones

Immunity Booster

Liver Health

Pepino melons taste sweet and delicious and come packed with several vitamins and minerals. This rare fruit has many health benefits; we have enlisted in the top 10.

1. Natural energy booster

We get energy from the glucose stored in our body, derived from our food. Pepino melon has certain compounds that break this glucose into bursts of energy, and you feel recharged instantly. These glucose cells otherwise get stored in your body as fat. So the next time you feel weak, grab a Pepino melon and experience some good energy.

2. Soothe away aches and pains

Pepino melon has been known to possess anti-inflammatory properties – and can help soothe pains and aches throughout the body. In the natives, where it is grown, the fruit is used as a traditional go-to food for fighting inflammation.

3. Reduces cholesterol

Pepino melon's high soluble fiber content keeps your cholesterol levels in check, like oatmeal and oat bran. Soluble fiber does not affect cholesterol directly but binds the lousy cholesterol and excretes it from the body.

Soluble fiber can reduce the absorption of low-density lipoprotein (LDL) cholesterol into your bloodstream and let the high-density lipoprotein do wonders for your body.

4. Fights Cancer

Pepino melon is a powerhouse of antioxidants, thanks to the combinations of vitamins C, A, and beta-carotene. These antioxidants fight free radicals and prevent oxidization of the cell. Antioxidants are vital to fighting the spread of cancerous cells.

The study by the Department of Biotechnology at Karunya University, India, further proves its cancer effectiveness. The study found that Pepino fruit extract has anti-inflammatory, immunomodulatory, and anticancer properties.

5. Regulates High Blood Pressure

Pepino melon has no sodium but considerable potassium and regulates high blood pressure. Potassium helps to balance the harmful effects of salt and, in turn, helps to lower blood pressure. The more potassium you eat, the more sodium you lose through urine. Pepino melon is also known for its diuretic properties. The fewer fluids in your kidneys, the lower your blood pressure.

6. Digestive benefits

Being rich in fiber, Pepino melon can be an excellent remedy for people who have irregular bowels or suffer from constipation. The vitamin C content of Pepino melon enables the body to absorb nutrients from food optimally. It can also be used as an excellent remedy to soothe gastric ulcers. Digestive problems affect people suffering from kidney diseases. This fruit could be beneficial for them, too.

7. Weight Loss

Pepino melon has calories, but they are stored as carbohydrates. These carbohydrates are broken into glucose by the body and used as fuel. People looking to lose weight can safely eat it and benefit because it makes the stomach feel full longer.

8. Strong bones

We all know that calcium is essential to strong, healthy bones. But not many of us know that vitamin K keeps our bones strong and healthy, keeping the calcium in the bones and preventing it from accumulating in the arteries. Especially when the bones start to grow weak during aging, vitamin K can still maintain good bone health. Amongst the sources of vitamin K, Pepino melon is a great choice.

9. Immunity booster

Polyphenols are present in the fruit extracts of Pepino fruit, which gives it antioxidant characteristics [2]. Antioxidant properties are present in both unripe and ripe fruits. However, the mature variety has a higher content of flavonoids and phenol. The antioxidant properties of flavonoids are due to the making of uric acid, resulting in its excretion and depolymerization. Add this natural agent into your daily diet as a whole or food supplement.

10. Boosts liver health

Pepino melon can help people who have liver diseases. Strengthening the liver is one of the best ways to boost energy, balance weight, and enhance overall health. The fiber in Pepino melon removes toxins from the body, cleansing the liver and increasing its overall health. Since the liver is the core of many bodily functions, a healthy liver improves your overall health.

Pepino melon leaves have protective properties for the liver. It helps the liver primarily when the damage is caused by alcohol. It stops the abnormal buildup of fats. In simple words, it prevents the liver from storing too much fat. They help lower the TNF- α and IL-6, the substances that cause swelling and damage to the liver.

11. Diabetes

The fruit has anti-inflammatory, antiglycative, and antioxidative effects. These properties help in reducing the impact of diabetes progression. In the study(it was found that flavonoids, phenolic acids, and ascorbic acid from *Solanum muricatum* had positive results for diabetes on the model. As it helps in the progression of diabetes, the fruit is considered ideal for chronic kidney disease prevention.

12. Eases Anemia & Lowers Creatinine Level

Anemia is one of the complications of kidney disease. In addition to the regular treatment, Pepino melon could help. A person suffering from kidney disease experiences high creatinine levels as the kidneys cannot discharge it from the blood. The fruit's diuretic properties help decrease the waste through urine from the blood.

Inhibits Tumor Growth

Apoptosis is a type of programmed cell death. Pepino melon (*Solanum muricatum*) helps shrink the tumor growth primarily by making the cancer cells self-destruct. It only shows toxic activity against tumor cells. It has lower toxicity to normal cells while higher for cancer cells, thus reducing their chances of survival. The study found that the anti-tumor effects of Pepino were due to its ability to influence apoptotic cell death in cancer cells.

Pepino melon Nutrition facts

Nutrient	Amount per 100g	% RDA
Calories	43	2%
Carbohydrates	10.4g	3%
Protein	0.9g	2%
Fat	0.2g	0%
Fiber	1.7g	7%
Vitamin C	20.5mg	23%
Vitamin K	2.8mcg	2%
Potassium	239mg	5%
Magnesium	15mg	4%
Phosphorus	24mg	3%
Calcium	9mg	1%
Iron	0.3mg	2%
Vitamin A	35IU	1%
Folate (B9)	7mcg	2%

** The data above might vary depending on the variety and ripeness of the Pepino melon. RDA value is based on a 2,000-calorie diet for adults.

Conclusion

The Pepino melon, with its extensive range of health benefits, showcases the incredible power of nature in supporting human health. Rich in antioxidants, vitamins, and minerals, it aids in managing diabetes, reducing cholesterol, and combating cancer, among other health advantages. Its unique nutritional profile makes it an excellent choice for those seeking to enhance their diet with natural, health-promoting foods