Do you want to be free from sugar diseases? Do you want to live a long and a healthy life? Usage of sugar is a part and parcel of our life but that causes many dangerous health issues which could cause a long term effect. But one can't reduce the usage of sugar due to unavoidable circumstances. So you need something like sugar but not causing any health issues. So here it is **Stevia .** This does miraculous thing by dramatically reducing the calorie content to a great extend. So let us know what is Stevia.

**What is Stevia:**  Stevia is first of all an unique among food substances because it's most prized for what it doesn't do. The main thing it doesn't add calories to the person who consumes it. Unlike other substitutes of sugar, stevia is derived from a plant which is really special .The plant of stevia is part of the Asteraceae family, which is directly related to the daisy and the ragweed. Several species of stevia called the "candy leaf" are native from New Mexico, parts of Arizona and Texas .But the special species, of Stevia rebaudiana  (Bertoni), grows only in Paraguay and Brazil, where humans have used leaves from the bush of stevia to sweeten food for more than hundreds of years.

**History of Stevia**:  
  
 Stevia is a natural plant to mountainous parts of Brazil and Paraguay. For hundreds of years, this herbal sweetener has been taken as native cultures to counteract the taste of bitter of various plant-based medicines and other beverages. The Guarani Indians of Paraguay have made use of this sweetener potent in their green tea for ages. The name they gave for leaves of stevia was “sweet herb.” In addition to these. the native peoples have made use of stevia as a digestive medicine and a topical coating for wounds and other skin problems. In the early sixteenth century, Europeans became very much aware of the herbal sweetener by the Conquistadors of Spanish . In the late 1880s, Moises S. Bertoni, director general of the College of Agriculture located in Asunción, Paraguay, became very much intrigued by the plant of stevia. Its use was that it was very much sweet that even a small part of leaf could sweeten an full container of tea. Bertoni was very much interested in wanting to find out if this was true.   
  
After some years of intense studying about the plant, he wrote some points about it in a local publication of botanical. In 1905, Bertoni released an important article about the miraculous sweetening power of the pant of stevia, which he considered very much higher than to sugar and largely marketable.  
  
  
**Will it work?**

Stevia has Zero calories, and it is more than 200 times much sweeter than sugar in equal concentration. Studies reveal that stevia might have extra health benefits which could come in handy at any time . A zero-calorie source of sweetness is an obvious solution of diet said by a theory. But very few studies show that replacing sugar with artificial or zero-calorie sweeteners may not mostly lead to weight loss in actual life.

" Research is very promising for the use of stevia in hypertension problems ," said by Catherine Ulbricht, senior pharmacists at the Massachusetts General Hospital in Boston and co-founder of Natural Standard Research Collaboration, which says evidence on herbs and other supplements. Ulbricht has also quoted that Natural Standard gave stevia a "grade B for efficacy" in lowering pressure in blood. Other studies suggest that stevia could surely benefit people with the  type 2 diabetes, but Ulbricht says they need more studies on it.

"A number of studies also suggest people who are regularly consuming artificial sweetening beverages are at high risk when compared with those who do not consume large amount of ASB," Dr. Susan E. Swithers said in a 2013 letter opinion in the journal Trends in Endocrinology and Metabolism.

Yet there is also an evidence that stevia doesn't do anything to deal with eating habits or hurt metabolism in the short while nor term. A 2010 study in the Appetite journal tested artificial sweeteners against sugar and each others in 19 lean peoples and 12 obese people.

The study found that those people who did not overeat after having a meal made with stevia instead of using sugar. Their sugar blood level was lower after a meal made with using stevia than after eating a meal with using sugar, and having food with using stevia resulted in lower levels of insulin than eating either sucrose and also aspartame.

**Is it safe enough to use?** The peoples question of whether stevia is safe to consume greatly depends on what someone mean by "stevia." The U.S. Foods and Drug Administration hasn't approved stevia leaves or "crude stevia extracts" for the purpose of use as food additives. Studies in stevia in these forms raise certain concerns about the uses and effects on the reproductive, cardio vascular, and renal system, the FDA warns and many more.

But still , the FDA have granted permissions to companies to use an isolated chemical from stevia as food additives, calling the chemical "generally treated as safe." Right now, products such as Truvia and others have the legal to go-ahead to use Rebaudioside A, which is also found as a extract in stevia, in their no-calorie sweeteners.

However there are some health concerns around the plant of stevia. Stevia might cause low blood pressure, which could be a concern to some taking medications in blood pressure

"Caution is advised to people when using medications that may also lead to lower blood sugar. Those people taking insulin and drugs for diabetes by their mouth should be watched closely by a qualified health care professional, might include a pharmacist too," Ulbricht said.

Stevia may also get intact with anti-fungals, anti-inflammatory, microbial, anti drugs on cancer, anti-virals, channel calcium blockers, lowering cholesterol drugs, drugs that increase urination, fertility agent and also other medications, Ulbricht said. People should make sure that they talk with their doctor before deciding to use stevia in great amounts, she said.