

Importance of radish

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introduction

Radish may also refer to any member of the genus *Raphanus* (the "radishes") Radishes are grown and consumed throughout the world, being mostly eaten raw as a crunchy salad vegetable. They have numerous varieties, varying in size, flavor, color, and length of time they take to mature. Radishes owe their sharp flavor to the various chemical compounds produced by the plants, including **glucosinolate**, **myrosinase**, and **isothiocyanate**.

History about types of radish

Varieties of radish are now broadly distributed around the world, but almost no archeological records are available to help determine their early history and domestication. However, scientists tentatively locate the origin of *Raphanus sativus* in *southeast Asia*, as this is the only region where truly wild forms have been discovered. *India, central China, and Central Asia* appear to have been secondary centers where differing forms were developed.



Daikon

European radishes

Asian white radish

Cultivation

Radishes are a fast-growing, annual, cool-season crop. The seed germinates in three to four days in moist conditions with soil temperatures between 65 and 85 °F (18 and 29 °C). Best quality roots are obtained under moderate day lengths with air temperatures in the range 50 to 65 °F (10 to 18 °C). Under average conditions, the crop matures in 3–4 weeks, but in colder weather, 6–7 weeks may be required.

Nutriton Chart of Radish

Energy	16 Kcal	Electrolytes	
Carbohydrates	3.40 g	Sodium	39 mg
Protein	0.68 g	Potassium	233 mg
Total Fat	0.10 g	Minerals	
Cholesterol	0 mg	Calcium	25 mg
Dietary Fiber	1.6 g	Copper	0.050 mg
Vitamins		Iron	0.34 mg
Folates	25 µg	Magnesium	10 mg
Niacin	0.254 mg	Manganese	0.069 mg
Pantothenic acid	-	Phosphorus	-
Pyridoxine	0.071 mg	Selenium	-
Riboflavin	0.039 mg	Zinc	0.28 mg
Thiamin	-	Phyto-nutrients	
Vitamin A	7 IU	Carotene-β	4 µg
Vitamin C	14.8 mg	Carotene-α	0 µg
Vitamin E	0 mg	Lutein-zeaxanthin	10 µg
Vitamin E	1.3 µg		

Benefits Of Radish

radishes have a number of nutrients that are beneficial for our body in a number of ways. Consumption of radish helps to heal the symptoms of piles, treat **leucoderma**, keep your skin moisturized and body hydrated and also relieves symptoms of **constipation**. Furthermore, it helps to treat urinary and kidney disorders, regulates blood sugar levels in **diabetics**, prevents **cardiovascular** diseases and also improves body **immunity**. It is useful in preventing colon, stomach and oral **cancers**, reduces pain and swelling and is even instrumental in treating various respiratory disorders.

Health Benefits Of Radish

Helps in treating jaundice

Helps in treating urinary disorders

Brings relief from osteoarthritis

Fights cancer

Keeps your heart in good shape

Helps you to lose weight

Treats respiratory disorders

Effect on blood pressure and diabetes

Good for your skin

Strengthens body immunity



Helps in treating jaundice

Radish is widely considered as a natural remedy for **jaundice** and radish leaves are the most useful in this regard. They have a powerful detoxifying effect and help to eliminate toxins and blood and thus help to purify blood. It is useful in controlling jaundice as it helps to remove bilirubin and even regulates its production. Radish also helps to prevent the breakdown of red blood cells in people suffering from jaundice by increasing the supply of oxygen.

Helps in treating urinary disorders

Radishes have diuretic properties and hence helps to clean out the kidneys by stimulating the production of urine. Radish juice is effective in curing inflammation and reduces the burning feeling that a person may experience during urination. By stimulating urine production, radishes help to prevent any infections in the urinary system or in the kidneys and also help to prevent other kidney disorders.

Brings relief from osteoarthritis

Vitamin C, present in radish, acts against the free radicals in our body and prevents any damage to body cartilage. **Vitamin C** also aids in the formation of collagen, the substance which makes up the cartilages in our body. Thus consuming radishes help to prevent or delay the onset of conditions like arthritis.

Fights cancer

Including radish in your diet can help to fight different strands of cancer like colon, stomach, intestinal, oral and kidney cancers. This is due to the presence of **Vitamin C, folic acid and anthocyanins** which are powerful antioxidants. In addition to this, radishes also contain isothiocyanates that alter the genetic pathways of cancerous cells and cause apoptosis or cell death. This prevents the cancer cells from reproducing.

Keeps your heart in good shape

The **anthocyanins** present in radish have anti-inflammatory properties that help to prevent cardiovascular diseases.

They also help to check other effects like peripheral artery disease, heart failure and even kidney diseases. The anthocyanins help to circulate metabolites and prevent cardiovascular ailments by reducing oxidative stress and inflammation.

Helps in lose weight

If you want to lose weight, you can include radishes in your diet as they are low in digestible carbohydrates, high in roughage and contain a lot of water. They are also high in fiber content which adds bulk to your stool and facilitates its easy expulsion. The fiber content also makes you feel fuller and prevents you from overeating. This helps you to lose weight.

Treats respiratory disorders

Radishes have **anti-congestive** properties and help to prevent irritation of the nose, throat, windpipe and lungs. These irritations are mainly caused due to colds, infections, allergies and other reasons. Radishes help to protect the respiratory system from infections as they are rich sources of **vitamins** and can act as **disinfectants**.

Effect on blood pressure and diabetes

Radishes contain **potassium**, a vasodilator, which helps to relax the blood vessels and increase the blood flow. It thus reduces the blood pressure by regulating the flow of blood. Consumption of radish does not impact blood sugar levels as they have a low glycemic index. The vegetable also regulates the absorption of sugars in the blood stream and hence is safe for diabetics to consume.

Treatment	Dose	Duration	Population	Effect on Diabetic Parameters
Radish sprouts	2.5–5% of the diet	21 days	Streptozotocin-induced diabetic rats	(–) Glucose (–) Fructosamine (–) Insulin (–) Triglycerides
Water-soluble radish extract	2.2% of the diet	3 weeks	Streptozotocin-induced diabetic rats	(–) Glucose (–) Glycoalbumin (–) Fructosamine
Radish root juice	300 mg kg ⁻¹ of body weight	6 h 3 h-GTT	Normal rats	(–) Fasting blood glucose (–) Glucose–using glucose tolerance test (GTT)
Radish root juice	300 mg kg ⁻¹ of body weight	6 h 3 h-GTT	Sub- and mild diabetic rats	(–) Fasting blood glucose (–) Glucose–using glucose tolerance test
Egyptian radish	10% of the diet	6 weeks	Streptozotocin-induced diabetic rats	(–) Fasting blood glucose
Lyophilized radish sprouts	10.6 g/L	10 days	<i>Drosophila melanogaster</i>	(–) Glucose content (+) Spargel expression- (drosophila homolog of the mammalian PPAR γ -coactivator 1 α).

Good for your skin

Radish is good for your skin due to the presence of **Vitamin C, B vitamin, zinc and phosphorus**. The water content in this vegetable helps to keep your skin moisturized. Radishes also have disinfectant properties and help to prevent skin disorders like dry skin, rashes and cracks.

Strengthens body immunity


The presence of **Vitamin C** in radish makes it an excellent choice for it to be included in your diet for boosting body immunity. **Vitamin C** helps to regulate body metabolism and helps in the formation of collagen.

Collagen helps to strengthen blood vessel walls and prevents the onset of various cardiovascular diseases.

RADISH & LEAVES JUICE

Healthy Green Leafy Juices





◇ Radish juice made from fresh, whole radishes contains all the vitamins and minerals of whole radishes, but in an easy-to-consume form. As it takes a little more than 2 cups of raw radishes to make a single cup of radish juice, you will consume more than double the amount of nutrients in a single serving of radish juice

◇ A single, 1-cup serving of radish juice contains more than **36 milligrams of vitamin C**. This is around 40 percent of the dietary reference intake for adult men and almost half of the DRI for adult women

◇ A 1-cup serving of fresh radish juice has **578 milligrams of potassium**

◇ Radish juice is rich in iron, with a 1-cup serving of fresh juice containing **0.8 milligrams of iron**

Dosing

The appropriate dose of radish depends on several factors such as the user's **age, health**, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for radish. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other health care professional before using.

Summary

Radishes are a favorite vegetable all over the planet. They contain significant amounts of **vitamin C** and several other vitamins and minerals, and a few not-so-familiar **phytochemicals** such as **indoles**, which detoxify, and the powerful antioxidant **flavonoids zeaxanthin, lutein, and beta carotene**. Radishes also contain an important **isothiocyanate** antioxidant compound called **sulforaphane**, a proven cancer fighter. They remove bilirubin from the liver, preventing jaundice, and perform other healthful tasks like purifying kidney and urinary systems, regulating blood pressure, relieving congestion, and preventing respiratory problems such as asthma or bronchitis.