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, coolseason 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	Electrolyte	25
	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
į.	Pantothenic acid	1. 540 1. 540	Phosphorus	(4)
	Pyridoxine	0.071 mg	Selenium	35%
	Riboflavin	0.039 mg	Zinc	0.28 mg
	Thiamin	15.71	Phyto-nutrients	
	Vitamin A	710	Carotene-ß	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 disoders

Brings relief from osteoarthritis

Keeps your heart in good shape

Treats respiratory disorders

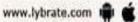
Fights cancer

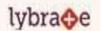
Helps you to lose weight

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 apostosis 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	Drosophila melanogaster	 (-) Glucose content (+) Spargel expression- (drosophila homolog of the mammalian PPARγ-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, I-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

♦ I-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-sofamiliar 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.