

Use of Pomegranate in Various Disease

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Abstract: *Pomegranate, a fruit rich in antioxidants, vitamins, and minerals, has garnered attention for its potential health benefits. This review explores the current scientific literature regarding the use of pomegranate seeds in various diseases. Studies suggest that pomegranate may positively impact heart health by reducing blood pressure and improving lipid profiles. Its anti-inflammatory properties may contribute to mitigating chronic inflammation, with potential implications for conditions such as cardiovascular disease and arthritis. Preliminary research also hints at pomegranate's role in cancer prevention, particularly in breast and prostate cancers, although further investigations are required to establish definitive links. The fruit's antimicrobial properties may offer support to the immune system, and there is emerging evidence suggesting a positive influence on diabetes management by improving insulin sensitivity. Additionally, pomegranate's potential impact on memory and cognitive function raises intriguing possibilities for neuroprotection, although more research is needed in this area. It is crucial to note that while promising, these findings necessitate further clinical trials to determine optimal doses, individual variations, and potential side effects.*

Keywords: Pomegranate.

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