



## IMPORTANCE AND USES OF SOME UNDERUTILIZED FRUIT CROPS

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**U**nderutilized fruits are fruits that are neither produced commercially nor are more informed in terms of quantity and marketing. The nutritional and medicinal value of this type of fruit is very high, which gives a high amount of vitamins, minerals, fiber, phenolics and antioxidants and which increases the body's immunity against infectious diseases. Given below are some fruits:

### 1. Dragon fruit (*Hyalocereus undatus*)

Dragon fruit is an important underdeveloped fruit, which is a member of the Cactaceae family belonging to the Cactus family. It contains several types of antioxidants, including vitamin C, beta-carotene and carotenoids. Dragon fruit is a rich source of fiber as well as fatty acids called omega-3 and omega-6, which help in curing cardiovascular diseases. The natural color of this fruit is due to the presence of a dye called lycopene.



## 2. Jamun (*Syzygium cumini*)

Jamun is also known by many other names like Java Plum, Kalajam, Diabetic Fiber and Apple Rose. It is rich in various nutrients, iron, minerals, proteins, vitamins, due to which it is widely consumed by people. Berries are mainly used for preparing jams, sauces, jellies and vinegar etc. The natural color of their fruits is due to anthocyanin, and this fruit is very beneficial for diabetic patients. This fruit reduces the level of cholesterol in the urine of diabetic patients, therefore, it is also known as the fruit of the diabetic.



## 3. Bael (*Aegle marmelos*)

Bael is also known by many other names like Sirphal, Bengal Queen and Golden Apple. It is considered a sacred tree for Hindus and its leaves are used for offering to Lord Shiva. Its fruits are rich in vitamin-B (riboflavin 1191mg / 100g) minerals, carbohydrates (31.3–31.8%), protein (1.8%) and ash. Bael fruits are used to treat freshness of the brain and to cure dysentery and diarrhea. The bark of its fruit contains an active ingredient called "marmelosin". Bael fruits are also used to make preserves (marmalade) and sorbet.



## 4. Phalsa (*Grewia subinaeqaulis*)

Phalsa is also commonly known as Star apple and Dhamani fruit. Its fruit is small in size and contains a high antioxidant (anthocyanin) due to which color is found in its fruits. This fruit is rich in vitamin-A and vitamin-C. The fruits of Phalsa provide cooling to the body, and are aphrodisiac. The fruit is available throughout the year only in the months of May and June. Due to its small nature, this fruit spoils very quickly,



therefore, it is used to make juices, syrups, etc. Phalsa seeds have an abundance of oil (7.2%) that contains fatty acids called linoleic acid.

### 3. Karonda (*Carissa carandus*)

Karonda is also known as Krist Thorne. It is commonly used for fencing around fruit orchards, its medicinal value is also high, which is widely used for making pickles, chutneys, jams, jellies and some other food products. Its fruit has the highest amount of iron (39.1%) than other fruits. Apart from iron, it is also a rich source of vitamin-C, minerals and carbohydrates.



### 5. Custard apple (*Annona squamosa*)

This fruit is also often called Sitaphal or Sharifa. It is also a highly nutritious fruit. Sugar (20%), vitamins and minerals are found in abundance in this fruit. Its leaves contain an alkaloid (tetra-hydro-isoquinoline) which contains an active ingredient called cardiogenic. The seeds and leaves of this fruit have insecticidal properties. Its fruits are available in northern India from the months of August to October.



### 6. Cape gooseberry (*Physalis peruviana*)

It is a fruit-bearing crop once a year and is also known by another name Golden Berry. Consumption of this fruit also provides plenty of energy (53Kcal), carbohydrates (11.29), protein (1.99) and minerals like calcium, iron, phosphorus and vitamins.



## 7. Carambola (*Averrhoa carambola*)

Carambola is also known as other names such as Star Fruit, Kamrakh and Five Corned Fruits. This fruit is very tolerant to shade, which is harvested from February to March. Carambola is used in place of tamarind at some place and this fruit is also used for decoration. This fruit are rich source of vitamin-C, potassium and antioxidants. Pickle fruit is used for pickle purposes and root extracts are used to extract poison. Its crushed leaves are used to cure chicken pox and itching. The pulp of immature fruits is also used to clean glass utensils and make jams, jellies, cardials etc.



## 8. Mulberry (*Morus alba*)

Mulberry is a plant of the Moresi clan and its fruits are a rich source of energy (43 kcal), as well as carbohydrates (9.8%), sugar, fiber, vitamin-A, B complex, C, E, K and some minerals like Calcium, iron and magnesium are found in abundance. In addition, sodium, phosphorus and zinc are also found in sufficient quantities in it. Anthocyanin, a natural pigment, is also found in it.



## 9. Lasoda (*Cordia myxa*)

Lasoda/Lasora is a minor and underutilized fruit. Vitamin is found in plenty in its fruits and its regular use leads to good growth of hair. It is widely cultivated in dry areas or areas with low rainfall.



### 10. Sapota (*Acharus zapota*)

Sapota is also known as chiku. This fruit is cultivated in Southern to Northern parts of the country. It is a very delicious fruit and used as a dessert fruit. The fruit pulp is very sweet and tasty. A ripe fruit of sapota contains 21.4 g carbohydrates, calcium 28 mg, phosphorus 27mg, iron 2 mg and vitamin C in trace amount. The fruit pulp is also used for making sherbet and halwa. It said to be an excellent preventive against biliousness and febrile attack.



### 11. Monkey jack (*Artocarpous lakoocha*)

Monkey jack fruit is also known as barhar or badahal. It belongs to family Moraceae. This fruit is highly nutritious with antioxidant properties  $\beta$ -carotene and vitamin C. This particular antioxidant properties helps in the maintenance of the normal human health and prevents heart diseases and provides tough fight against cancer as well. Monkey jack fruit is also used for making chutney, powder and pickles.

