



Article published on February 7th 2012 | [Health](#)

About Bitter Melon

Bitter melon is also commonly known by the name of bitter gourd. Its scientific name is *Momordica charantia*. It is a subtropical and tropical vine largely found in Africa, Asia and Caribbean known for its edible fruit. The fruit has numerous culinary and medicinal uses and benefits and is one of the most bitter fruits on earth.

Benefits and Uses of Bitter Gourd

Bitter gourd, or bitter melon, is used in different African and Asian traditional medicines. It is used to treat illnesses like arthritis, leucorrhea, jaundice, piles, constipation, and most largely for diabetes. Bitter gourd has a substance in it which has hypoglycemic properties, which makes this fruit an excellent harmless remedy for diabetes. Regular intake has also been found to enhance the production of insulin in the body. Surprisingly, bitter gourd is far more efficacious when compared to any anti-diabetes medication, measured weight by weight. Bitter gourd also constitutes a substance that has insulin-like effect and regulates the amount of blood glucose. It also acts as an appetite-suppressing agent.

Bitter gourd is known as karela in Hindi language and is widely used in India to treat insulin-dependent diabetes mellitus. Regular intake in juice form empty stomach does wonders and shows effects within a month or so. It is a little difficult to consume because of its bitterness, but people consume it in juice form widely because of its goodness. It can also be taken as a food, and included in regular diet. Bitter gourd powder and tablets are sold in the market for treating various stomach-related and other illnesses.

Bitter gourd scores high when it comes to counting its nutritional value. It is dense in precious nutrients and low in calories. It consists of vitamins B1, B3, B2, and C. Also, it contains folic acid, phosphorus, magnesium, zinc, manganese, and high fiber. It is also a rich source of iron, calcium, and potassium. It is also used to purify blood and treat different blood-related disorders. Also, it has been found helpful in curing medical conditions like cholera, piles, and psoriasis. It also acts as an immunity booster and provides more energy and stamina to body along with treating different eyesight-related problems and hangovers.

Bitter gourd is an extremely useful and beneficial remedy with high nutritional value.

Article Source:

<http://www.articleside.com/health-articles/different-uses-and-benefits-of-bitter-melon.htm> - [Article Side](#)

[Blakeroberts](#) - About Author:

Know the Benefits and Uses of a [Bitter Melon](#) helpful in reducing the risk of diabetes-induced health complications. Improve immunity & reduce the risk of cancers with a [Amla](#), Natural Vitamin C Supplements.

For more detail read my blog a [Blakeroberts's blog](#).

Article Keywords:
herbal supplements, shilajit, ashwagandha, mucuna pruriens

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!