

[Disclaimer: The information provided below is collected from reliable sources and is generally believed to be true and trustworthy but we do not have any evidence that these are backed by Scientific research. This is given in general reader's interest and benefit. However, we are in no way be held responsible, neither do we take any liabilities for any loss, damage, adverse effect etc nor do we assume any responsibilities for such loss, damage, etc either wholly or partly. All the customers/purchasers/readers are cautioned that they should try the products at their own risk and cost, We do not undertake any liabilities for any damage, loss in whatsoever manner.]

Health Benefits of Bitter Gourd (Karela) Powder

Karela (*Momordica Charantia*) has many names. In Pakistan, India among other Asian countries, it is known by this name, Karela. In English speaking countries, it's known as bitter gourd, bitter squash or bitter melon. This cucumber-like fruit with ugly bumps all over it is popular due to its various health benefits, its benefits notwithstanding.

Health benefit 1: Combats Diabetes

Thanks to charactin and momordicin, the essential substances in karera, diabetics can find relief from high blood sugar. These two substances are useful anti-oxidants in normalizing blood pressure as well as warding off diabetes complications. Diabetics. *Karela* has two very essential compounds called charactin and momordici. Their seeds contain plant-based insulin known as polypeptide-P, which act like the insulin made in pancreas, and lowers your sugar levels. So, whether you decide to consume Karela or drink its extract, your diabetic condition will be reversed and especially if you suffer from insulin-dependent Type 2 diabetes as well as **toxemia conditions**.

Health Benefit 2: Anti-cancer Properties

Karela juice has been found to be helpful in reducing and destroying cells causing leukemia. It stops their proliferation hence enhancing your chances of recovery.

Health Benefit 3: Combats HIV Causing AIDs

The protein glycoprotein beta-momorcharin in Karela aids in hindering synthesis of macromolecules found in splenocytes, tumor cells and embryos. It stops progression of HIV by deactivating ribosome and its function hence stopping further infection.

Health Benefit 4: Antioxidant Properties

Due to its anti-oxidant properties, karera fights free radicals by protecting healthy cells Antioxidants help protect us, it's a cell which prevents damage taken from free radicals. Karela strengthens the immune system and wards off these radicals.

Health Benefit 5: Respiratory Health

Karela promotes a healthy respiratory system and in particular asthmatic attacks. It, relieves chronic cough, removes accumulated sputum within the respiratory tract as well as lungs.

Health Benefit 6: Skin Health

The chemical serum in Karela is useful in fighting wrinkles and acne. This chemical contains both anti-inflammatory and anti-bacterial properties hence alleviate the said conditions.

Health Benefit 7: Digestive Health

Karela aids in production of digestive enzymes, hence maintaining a healthy, and funtional digestion system.

Health Benefit 8: Weight Management

As a low calorie food, Karela helps in keeping weight gain on check.

Health Benefit 9: Promotes Healing

By facilitating proper flow of blood, karera enables wounds to heal faster and assist in preventing infection on the same wounds.



Health Benefit 10: Prevents Constipation

Karela is a wonderful remedy for constipation. Unlike other remedies which may cause diarrhea, karera has no effects and relieves you of the condition.

Health Benefit 11: Treats Blood Disorders

Toxemia causes itching, which, together with blood boils, are common blood disorders. Karela is useful in treating these conditions. Cholera: In early stages of cholera, take two teaspoonfuls juice of bitter gourd leaves, mix with two teaspoonfuls white onion juice and one teaspoonful lime juice. Sip this concoction daily till you get well.

Health Benefit 12: Energy Boost

Karela has been found to help boost energy and stamina level in the body.

Health Benefit 13: Eye Health

Thanks to high beta-carotene in karera, it aids in relieving eye problems such as poor vision and macular degeneration.

Health benefit 14: Relieves Gout

Due to its cleansing power, karera removes toxins in blood and promotes blood circulation. As a result, it relieves gout pain.

Health Benefit 15: Treats Piles

Karela quickens healing and alleviates pain resulting from piles. A paste extracted from its roots are applied to the piles to relieve the condition