

Grapes

- [Phytopedia](#)
- [FRUITS](#)



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GEEK TALK

Vitis vinifera L.

BUT WE TALK

Grapes, Angoor (Hindi), Drakshi (Kannada, Tamil), Uvas (Spanish)

GOEGRAPHICAL DISTRIBUTION

This species is distributed in the temperate and sub-tropical regions, chiefly of the northern hemisphere. Within India, it is cultivated extensively in north western India and also in the Peninsula. It is said to be wild in the north-western Himalayas.

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CULINARY USES

One of the most widely used fruits, they are used to prepare wines, jams, jellies, juice, ice creams, etc.

KITCHEN PHARMACY

- Grapes has high antioxidant which prevents chronic diseases.
- Resveratrol and other compounds in grapes may prevent certain cancers, and support eye health.
- It may lower blood pressure and reduce cholesterol
- In Ayurveda, grapes are considered as a cooling agent which reduces pitta.
- It is used in different forms to reduce body heat.
- The juice is used in excess thirst and in urinary tract infections and cystitis.
- Raisins, which are dried grapes, are used to treat constipation.
- When boiled in water and consumed, raisins can help with

treating cough.

- Diluted grape juice with other additives like pepper and ginger is used to reduce fever.

