

Snake Gourd

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Snake Gourd helps in smooth working of digestive and excretory system

GEEK TALK

richosanthes cucumerina

BUT WE TALK

Calabaza de la serpiente (Spanish), Padwal (Hindi), Pudalankaai (Tamil)

DID YOU KNOW?

Snake Gourd is a creepy looking vine having an appearance like a snake, hence the name Snake Gourd. It is a subtropical plant that grows in a warm climate. It can grow up to 6 ft long and it induces a cooling effect on the body due to very high water content in it.

Snake gourd belongs to the cucumber family and is native to India. It is widely grown in India, Sri Lanka, Thailand, China, Australia, and Africa.

It requires insect/manual efforts to carry out the pollinating process for setting fruits. Snake Gourd has a very high nutritional value and it comprises of protein, fat, carbohydrate and solution fiber.

KITCHEN PHARMACY

- Snake Gourd contains a lot of fiber, and thus it helps in the smooth working of the digestive and excretory system.
- Snake Gourd majorly consists of water, and thus it has low fat and cholesterol. Thus, it is good dietary food.
- The snake gourd is highly rich in minerals like Calcium, Magnesium, and Phosphorous. Calcium and the other minerals are all essential for our body in optimum quantity.
- Prevention of Gallstones
- Cardiovascular