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PINEAPPLE: THE NATURAL CLEANER AND HEALER

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Pineapple (*Ananas cosmosus*) is a tropical plant belonging to the family of Bromeliacea. It has been used as folk medicine by the natives of the tropics. It contains Vitamin C, Vitamin A, beta-carotene, calcium, manganese, folate, potassium, thiamine and is the only natural source of a complex of enzymes called bromelain. Though the exact chemical structure of all active components of bromelain is not fully determined, this substance has shown distinct pharmacological promise. Its properties include: interference with growth of malignant cells, inhibition of platelet aggregation, fibrinolytic activity, anti-inflammatory action. These biological functions of bromelain, a non-toxic compound, have therapeutic values in modulating: tumour growth, blood coagulation, inflammatory changes. The mechanism of action of bromelain affecting these varied biological effects relates in part to its modulation of the arachidonate cascade. A hearty portion of pineapple may return stained teeth to their shiny selves as bromelain acts as a natural stain remover. Also pineapple has an incredible ability to break up plaque. In third molar surgery and placement of implants, consumption of pineapple and pineapple juice two days prior to surgery and two days after surgery helps prevent swelling and bruising. This is because of the proteolytic action of bromelain that counteracts inflammation. These varied benefits of pineapple presents it as a wonder fruit that acts as a natural cleaner and healer for our general health as well as of our thirty-two pearly whites.

Biography

Anisha is pursuing Bachelors of Dental Surgery and currently doing her internship at a reputed college and hospital Dr. Harvansh Singh Judge Institute of Dental Sciences and Hospital, Panjab University, Chandigarh, India. She will be completing her internship in July, 2019.

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