

YOUR FOOD



YOUR PHARMACY

WHAT ARE THE HEALTH BENEFITS OF EATING SOURSOP?

Dear Dr Grace,
I have seen some interesting looking fruits on sale and I have been told they are called soursop (*kiteferi*). I asked why they sell them so expensively and they told me it is a miracle fruit. What is so special about it?
Matthew

Dear Matthew,
Soursop, also known as the prickly custard apple, is a powerful fruit with a variety of components responsible for health benefits gained when it is consumed.

It is a sweet fruit widely grown across the world, Uganda inclusive. It is one of the fruits which must not miss in your compound or garden.

Soursop is one of the best storehouse for vitamin C, which combats many diseases, enhances the immune system and is also responsible for neutralising free radicals, which are common cancer causing agents in humans



Soursop is rich in vitamin C which combats an array of diseases and strengthen the immune system

Health benefits

Soursop has a lot of vitamins which are responsible for good hair, healthy skin and proper eye sight.

- It keeps the skin youthful and delays aging and blemishes.
- Regular eating of soursop apple will protect you from heart problems due to the

presence of magnesium.

- It helps eliminate the possibility of premature birth and minimises the extent of labour pain in pregnant women and supports healthy pregnancy. For expecting and lactating women, this is also beneficial as it is believed to be efficient in increasing a

woman's milk production.

When soursop is consumed regularly, it help in a baby's brain development. Likewise, it also aids in the brain development of a fetus.

- Unripe fruit can be dried, crushed and used for treating of diarrhoea and dysentery.
- In addition to that, soursop

contains Iron which is good for anaemic people.

- Regular intake of the fruit, reduces arthritis as it helps in flushing out excess acids from the body.
- Other parts of the fruit tree such as leaves are used for treating cancer. The bark can be used in treating toothache and gum pain.
- This fruit can be eaten fresh or juice is blended out of it.
- The seeds can be ground and applied to hair to get rid of lice.
- The leaves can be boiled and the extract is used to treat ulcers and dysentery

However, those trying to reduce weight should avoid eating the fruit.

To all my readers, before we end the year, at least plant two trees of soursop in your compound or garden and five years to come, you will be enjoying the benefits right from your home.

Dr. Grace Nambatya Kyeyune is a doctor in Medicinal chemistry. Got any inquiries about nutrition for her, send an email to: sundayxtra@newvision.co.ug

Roger Balamaqa says excess consumption of sushi exposes one to parasites common in raw fish