

Pomegranate Elixir in Women with Polycystic Ovarian Syndrome (PCOS)

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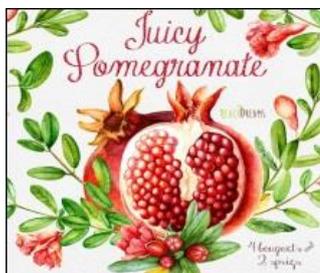
Abstract

The Pomegranate is an unusual, seedy fruit with a tart, yet sweet & sore taste, which admittedly, can take some getting used to it. It contains more artery-cleansing antioxidants as compared to red wine. It has a good medicinal property in all abound. Pomegranate fruit is not only rich in nutrients and has medicinal properties. The whole plant, i.e., roots, bark, leaves, stem, flowers and the fruit has good medicinal values. But it's worth in persevering with the pomegranate, because a glass of its juice or big bowl of its seeds can provide with more heart healthy, antioxidants than any other fruit juice in the world. From the ancients period the pomegranate is used for the infertility treatment as well to prevent the women with poly cystic ovarian syndrome by regulating periods regularly.

Keywords: Pomegranate, Medicinal fruit, Physical resemblance to a human female ovary, Poly cystic ovarian syndrome, Anti-oestrogenic properties.

INTRODUCTION

“Pomegranate is The Most Medicinal Fruit” The fact that, the pomegranate juice is healthy isn't actually new. Indeed, pomegranates were known as “the fruit of resurrection” in ancient Babylon.



Fruits in general are defined as "the developed ovary of a seed plant" but in the case of the pomegranate fruit, the physical resemblance to a human female ovary is striking. Looking at the cross section of each reveals how similar are the containers for the pomegranate's seeds and the

ovary's eggs.

HISTORY

Pomegranates have been cultivated for the over 4,000 years ago. Our word pomegranate dates back to around 750 B.C. and comes from the Latin "Punicummalum" meaning "Phoenician apple." Today the fruit is often called a "Chinese apple."

Despite of its frequent comparison to an apple is the one pomegranate; it bears a striking resemblance to the female ovary. It is not too surprising than that it served as a symbol of fertility for the Zoroastrians and other ancient cultures.

But until now the pomegranate juice hasn't been generally popular for the alternative medicinal use, though the health benefits are extraordinary, especially for those of

us with polycystic ovarian syndrome who are at extra risk of heart diseases.

Pomegranate is an unusual, seedy fruit with a tart, yet sweet& sore taste, which admittedly, can take some getting used to it. But it's worth in persevering with the pomegranate, because a glass of its juice can provide with more heart healthy, antioxidants than any other fruit juice. It even contains more artery-cleansing antioxidants than red wine.

The pomegranate fruit is a juicy, colourful and nutritious and that not only adds colour to the plate but are full of vitamins and minerals, which are beneficial for people who are looking for weight loss and skincare. Besides of these benefits, the pomegranate can treat PCOS by regulating periods and preventing other health problems associated with PCOS like diabetes, fertility and heart disease etc.

POMEGRANATE IS THE FRUIT FOR POLYCYSTIC OVARY SYNDROME (PCOS):

The Pomegranate juice contains lycopene, ellagic acid and quercetin, which are essential for the lowering of lipid profile, which is beneficial for those suffering from PCOS and heart diseases.

Pomegranate juice is also known for being rich in anti-oxidants and is rumored to boost fertility by increasing blood flow to the uterus, promoting uterine lining and even boosting sperm quality in men.

ANCIENT SECRET FOR HORMONAL BALANCE



Mankind has revered the magical and mystical pomegranate since the dawn of recorded history from ancient's period. Ancient Greeks, Romans, Chinese, Indian's, and the people of Middle East found its properties to be life-giving and invigorating.

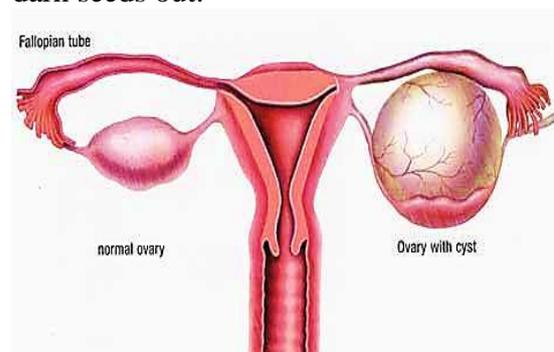
Furthermore, the pomegranate fruit has been revered for thousands of years in all over the world major religions as "The Fruit of Life", springing from "The Garden of Paradise". As the traditional symbol of fertility and rebirth, it was also thought to bestow invincibility upon the person who enjoyed its glittering sweet & sore tartness. It is a fruit of legend and power – a sacred symbol of human civilization. This fruit also known as "the jewel of winter" was used for centuries in Middle Eastern folk medicine to treat many symptoms.

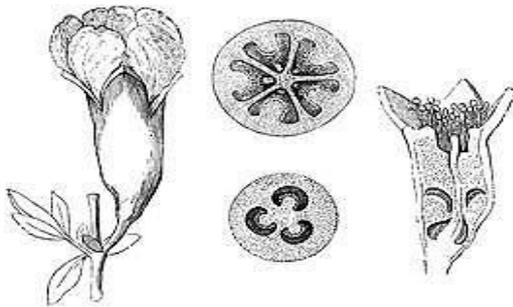
Modern science has now shown that pomegranates contain a rich and diverse range of beneficial and protective substances, including phytoestrogens, polyphenols, elligatannins and anthocyanins. These compounds are all powerful antioxidants.

WOMEN'S OVARY AND POMEGRANATE

Pomegranate when opened, doesn't it remind of a woman's ovaries...

People either love it and know exactly what to do with it or they have no freaking idea and won't even attempt to get the darn seeds out.

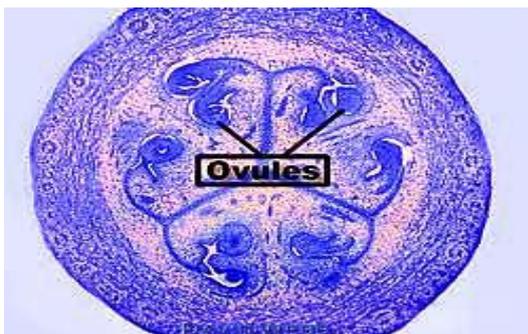
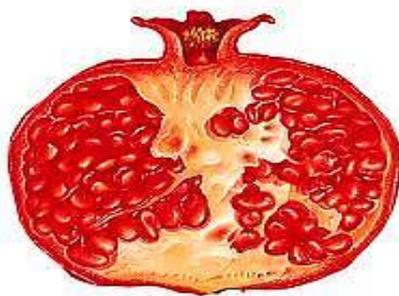




Fruiting plants and the humans, are both have similar reproductive organs called ovaries, and in the case of pomegranate fruit, the anatomical resemblance is absolutely striking each other.

Because of our primary relationship to pomegranate fruit is as a consumer, we are usually too immersed in the joyful act of eating fruit to take notice that it is by definition "the ripened ovary - together with the seeds - from one or more flowers of a plant."

The differences between the species are obvious; of course: the fruit-ovaries disperse their seeds by being eaten and then excreted by animals and humans, whereas the human-ovaries, remaining intact within the body, disperse their "seeds" (eggs) by way of the fallopian tubes.



Observing a cross-section of the pomegranate and the human ovary, side-by-side, is similar and can see the remarkable resemblance. In the ancient "doctrine of signatures" that the nature weaves into women's and which is recognized by many systems of traditional medicine around the world, makes it so that sometimes the edible portion of the plant (food) will be of unique benefit to the organ in the body that it resembles.

In case of the pomegranate fruit, it is the ripened ovary – together with its seeds (babies) – from the pomegranate flower, it is so perfectly resembles the human ovary, in which the structure that resemblance is unlikely to be accidental. Could this be the Nature revealing her gift of healing in a way that is so obvious that people would have to be blind not to see it? It may be demonstrates the intelligent design woven into the co-evolutionary relationship between the certain interdependent species; indeed, mammals and angiosperms (which comprise about 250,000 species and it includes most of the plants that provides the modern world in diet) co-evolved for at least 200 million years together, eventually rising to become dominant life forms on this planet.

Pomegranate Beat inflammation:



Another challenge to women's health is the increasing incidence of chronic inflammation. Inflammatory conditions include: endometriosis, fibroids, polycystic ovarian syndrome, arthritis, autoimmune disease, asthma, metabolic syndrome, diabetes, cardiovascular disease and even cancer. Inflammation goes hand-in-hand with free radical damage. The process

creating potent pomegranate extracts combining fermented pomegranate juice, peel, leaves, flowers, and seed. This combined antioxidant activity has a powerful synergy.

THE SCIENCE AND MEDICAL VALUE OF POMEGRANATES:

Pomegranate and Breast health

The pomegranate is a paradoxical fruit. It has beneficial oestrogenic properties as well as anti-oestrogenic properties. Pomegranate extracts are able to effectively kill both oestrogen-positive and oestrogen-negative breast cancer cells. The unique pomegranate extracts selectively inhibited or killed the growth of breast cancer cells in culture and not only this the other eight different actions or mechanisms that can prevent breast cancer, as well as help in the treatment of breast cancer:

- Suppresses cancer cell.
- Interfere with cancers growth cycle.
- Inhibits the products of hormones that stimulate cell growth.
- Stops tumor cell invasion.
- Initiates apoptosis.
- It promotes cell differentiation.
- Acts as an aromatase inhibitor.

A bit on the origins, history and religious significance

As much as there is an increased value of interest in using pomegranate's juice, in medicinal area, we must never forget how it's been used in the various cultures and cuisines.

Pomegranate has been a sacred fruit in most of the religions. In Greek mythology, the seeds symbolized life, regeneration and marriage.

The pomegranate probably originated in Iran, Afghanistan and in Persian mythology eating a pomegranate will help in become invincible.

In Judaism – a pomegranate is said to it contain 613 seeds – one for each of the Bible's 613 commandments. The pomegranate is revered for the beauty of its shrub, flowers, and fruit—symbolizing sanctity, fertility and abundance.

In Christianity, in medieval representations, the pomegranate tree, a fertility symbol, is associated with the end of a unicorn hunt.

In Islamic culture, the pomegranates extract have had a special role as a fertility symbol in weddings among the Bedouins of the Middle East. A fine specimen of pomegranate is secured and split open by the groom as he and his bride open the flap of their tent or enter the door of their house. An abundant seeds of pomegranate ensures that the couple who eat it will have many children.

In "India"- the pomegranate juice is squeezed freshly on the sides of the street (often using manual pressing machines from 1940-ties) for a refreshing elixir, which is often given for young wives to ensure fertility.

People may tell the common theme here: fertility, wellbeing, strength, abundance. We always feel that when a food has gained a strong place in so many disparate cultures, it must be for some very good reason.

Once again, the genius of mother's nature is pomegranate.

Its nature's gift to the women's that the pomegranate juice is great for both women low in estrogen (such as in premenopausal and menopause) but also women who experience estrogen dominance (hence ER+ breast cancer, endometriosis, fibroids, PMS, thyroid nodules).

Fortunately, nature is full of medicinal herbs and foods, which can help to maintain optimal hormonal balance is one of them is pomegranate:

If the people are experiencing the following symptoms, then the hormones are probably out of whack:

- Low libido.
- Weight gain
- Hot rushes
- Infertility
- Mood swings and depression
- Headaches and migraines
- Mind fog
- Breast tenderness
- Fluid retention
- Sleeping disorders
- Acne
- Constant hunger
- Digestive problems
- Chronic fatigue
- Sleeping disorders
- Hair loss

Pomegranate was a symbol of fertility and rebirth in many ancient cultures.

Here are some of the other top benefits reap from pomegranate:

Excellent Hormone Balancing Skills

Pomegranate seeds offer the greatest variety of phytoestrogens among all plants. It is also the highest plant source of estrone and its main estrogen compound is 17-alpha-estradiol. It is "bio-identical" and it's the mildest form of all steroidal estrogens.

Even if people have estrogen dominance, don't have to be afraid to take pomegranate seed oil, because its main estrogen compound is 100 times weaker than estrogen.

Fat Burning Properties

Pomegranate seed is also an extraordinary source of puniceic acid, which is similar to

CLA (Conjugated Linolenic Acid), which has fat-burning and anti-inflammatory properties; in addition, it has antiestrogenic activity.

Cancer Prevention and Combat

Pomegranate oil can be beneficial for breast cancer patients. Pomegranate extract and pomegranate seed oil seems to be effective with inhibiting the growth of breast cancer cells. It can also hinder the aromatase enzyme, which converts testosterone to estradiol in fat cells, triggers programmed death of cancer cells and decreases new blood vessel formation in tumors.

Skin Care Benefits

Due to its antioxidant, anti-aging and anti-inflammatory properties, it improves skin's texture, helps collagen production, strengthens blood vessels, improves circulation and relieves eczema, psoriasis and sunburn.

HOW DO POMEGRANATES WORK THEIR MAGIC?

An 8 ounce glass of pomegranate juice contains about 40% of RDA of vitamin C and also is rich in vitamins A and E and folic acid.

The pomegranate fruit juice contains antioxidants called phytochemicals, which protect plants from harmful elements in the environment. These same phytochemicals when ingested protect the cells in our body. The juice which has been found, it contains higher levels of anti-oxidants than most other fruit juices including cranberry or blueberry, and more even than red wine or green tea.

Whether drink the juice or eat the seeds (yes, they are edible) to reap the benefits of this menopause miracle in women's.

POMEGRANATE: AN ALTERNATIVE TO HORMONE REPLACEMENT THERAPY?



What perhaps more amazing than the anatomical resemblance of pomegranate to the human ovary is its functional resemblance. Experiments have been performed in revealing, that the pomegranate extract contains an estrogen structurally and functionally, similar to that of one found in mammals, namely, estrone and is capable of replacing the function of the ovary when it removed from female animals (the ovariectomy-induced postmenopausal experimental model). It is believed that at 17 mg per kilogram pomegranate is the highest known source for estrone in plants.

CONCLUSION

Use of pomegranate extract is one of the hormonal therapies in women with PCOS and other health issues like breast cancer, endometriosis, fibroids, PMS, thyroid nodules, fibroids, polycystic ovarian syndrome, arthritis, autoimmune disease, asthma, metabolic syndrome, diabetes, cardiovascular disease and even cancer. The pomegranate is the rich source of estrogen in plant species and also it contains antioxidants called phytochemicals, the juice contain higher levels of antioxidants than most other fruit juices. In India, pomegranate juice is a refreshing elixir which is often given for young wives to ensure fertility.

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