

THE COMPLETE GUIDE TO CASHEWS: NUTRITION, HEALTH BENEFITS, AND POTENTIAL DRAWBACKS

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Abstract

The study is fully researcher past observation from the field. The researcher is from Panruti Taluka, which is more production cashews in Tamil Nadu. The researcher born and brought from this area obviously has a lot of ideas and usage in cashews. This article is a historical and experienced-based study. Hence, the article hasn't the methodology and research hypothesis. This study is going to explain in details cashews nutrition's, and it is benefits as well as demerits.

Keywords: Cashews, Nutrition, Benefits, Disadvantages, Panruti.

INTRODUCTION

In the past, people would just taste the cashews and throw away the cashews in the false belief that they were of no use. Cashews are believed to have entered India from Brazil. Cashews were produced in India after the 16th century. The credit for introducing cashews to the Indians goes to the Portuguese. History has it that cashews traveled from here to Africa and the Southeast. It is also known as 'Komanga' in Kerala as it comes from Goa. Cashews are an integral part of Chinese, Thai, Indian and Pakistani cuisine. To create a variety of delicious desserts and gravy, roasted cashews are increasingly used. Cashews are also known by other names such as Kollamma and Nutmeg. Cooling and fertilizing the body with sweetness. Cashews are violent and lustful. Cashews help to combine good aroma and extra flavor with food. Cashew powder can be used to enhance gravy varieties. The paranoid allusions of the critics of this process were completely substantiated, and the paranoid allusions of the critics of this process were completely substantiated. Cashews, which provide masculinity, create a slight sluggishness. Eating cashews along with appetizing foods can fully reap its benefits.

Cashews help reduce bad fats and increase good fats. Research shows that cashews have the property of adding fat to the liver and breaking it down properly. If you eat unsalted, oil-free cashews in moderation, it is a companion for the heart. The unsaturated fatty acids, fiber, proteins, vitamins and antioxidants in cashews are essential for the body's immune system. Strengthens the gums and strengthens the bones. To taste cashews without increasing the amount, will stand in support of digestion. Studies show that cashews help control blood pressure. Cashews also have the property of preventing the rapid maturation of body cells. The copper in it does the job of expelling the wastes that enter the body. Cashews can be approached

to get the 'Jia-Chandin' pigment that protects the eyes. The omega 3 fatty acids in cashews confirm that they regulate the body's metabolic activity.

MATERIALS AND METHOD

This article is primarily a review, drawing its content from a wide array of various articles and blog posts. The materials used to craft this article have been gathered from numerous sources, reflecting its nature as a comprehensive review. As such, there is no requirement for tools or analytical components within the article. Its essence lies in the thorough examination and synthesis of existing information from various publications.

Cashew

It is no exaggeration to say that cashews are the cause of our desire and desire to give loneliness and aroma to white pongal, sugar pongal, rava kesari and other types of food. Desserts made using cashews are a favorite of many. Desserts made on the basis of cashews, without the addition of artificial flavors, are pleasing to the tongue and soul. Adding cashews to any kind of mixed rice is a separate nuance. The omega 3 fatty acids in cashews regulate the body's metabolism. Feni, a fermented drink made from cashew nuts, is very popular in Goa. It was the Portuguese who popularized Feni. Salted cashews are a favorite delicacy of Indonesians under the name 'Kagang Mede'. Break the cashews one by one and soak them in honey for instant energy. Durrón, a snack made with egg whites, honey, cashews, almonds and some nuts, is popular in many countries. Soak cashews in milk and grind to add to dishes, giving them a wonderful aroma and taste. Cashews can be powdered and eaten with sweets or mixed with milk.

Gravy, a delicacy made by soaking green cashews in water for a long time and frying coconut, coriander seeds, curry leaves and chillies in coconut oil, is popular in South Indian villages. Cashews are a quality, healthy snack for those looking to gain weight healthily. At the same time add more salt and salt and immerse in artificial flavors and avoid cashew nuts stuffed in pockets. Don't be fooled by its taste and eat a lot at once! Cashew oil is also used in medicine. The selenium in cashew oil protects the skin. Butter extracted from cashews is used in the food industry. People who are allergic to nuts should be careful when eating cashews. The proteins in it can cause allergies in some people. Cashews can be used for a long time if stored properly in an airtight box. When buying cashews it is important to look for pesticides in it. When you sniff, there should be no bad odor.

Cashew Minister of Food Kingdom!

Bolo polana: A type of cake made with a cup of powdered cashews, mashed potatoes, lemon, orange juice, a teaspoon of butter, four eggs and rice flour. It is one of the most popular snacks in Mozambique in Southeast Africa. **Cashew Chocolate:** Broken cashews are the main ingredient. Cashew chocolate, which is based on sugar, eggs, chocolate and many other fruits, is intoxicating. It is better to eat in moderation as it can provide more calories. **Cashew Chicken:** Lightly fry the boiled chicken in butter. Prepare the required amount of cauliflower, carrot, garlic and ginger as a gravy and mix it with the chicken. Finally add a cup of cashew powder,

mix well and mash in a hot saucepan. Non-vegetarians will be addicted to this cashew chicken. Cashew pesto: Grind four cloves of garlic with a little salt. Add 50 g curry leaves and grind a little. Mix together two teaspoons of ground cashews and two teaspoons of butter. Finally a little good oil can be used as a complete touch. Cashew pesto made in 15 minutes is an evolving Indian food that came from Italy.

How much can you eat per day?

Cashew nuts are something everyone loves to eat. It will be in Butter Taste to taste. Also, sprinkle a little black salt on the roasted cashews to make it even more delicious. It is also the favorite snack of the people as far as India is concerned. These cashew nuts have almost no nutrients.

You can also eat it raw or sprinkled with salt. You can also take these cashew nuts in other varieties. Cashew nuts are also used in the form of milk, cream, cashew cheeses, and cream sauces. These cashew nuts are used in many fields in the medical field and in terms of income. Not only that but every part of the cashew is used. Cashew Bark and Leaf Its bark and leaves are used for diarrhea, headaches and aches. The juice extracted from the leaves lowers blood sugar levels. Cashew bark is used for mouth ulcers. Cashew Nut Fluid The liquid extracted from the cashew nut husk has medicinal properties and antibiotic properties. Cleansing the lungs. It is used for laparoscopes, warts, scurvy, tooth ulcers, and shingles. Cashew seeds and stalks the oil obtained from cashew nuts is used to treat cracks in the feet. The resin obtained from its stems is used to varnish books and trees. Cashews are used for gas and stomach ulcers due to its anti-biotic properties. The liquid obtained from cashew fruit is widely used to cure scurvy. Nutritional Dimensions 100 g Cashew nuts 5.20 g Water 553 kg Energy 18.22 g Protein 43.85 g Fat 30.19 g Carbohydrate 3.3 g Fiber 5.91 g Sugar 37 mg Calcium 6.68 g Iron 292 mg Magnesium 593 mg Phosphorus 6 mg Phosphorus 6 mg G Sodium 5.78 mg Zinc 0.5 mg Vitamin C 0.423 mg Thiamine 0.058 mg Riboflavin 1.062 mg Niacin 0.417 mg Vitamin B6 25 micrograms Folate 0.90 mg Vitamin E 34.1 micrograms Vitamin K So if you eat nuts two or more times a week you will lose weight and stay lean. Another study found that nuts satisfy our stomachs and give heat to the body. Thus increasing body metabolism and decreasing body weight. Heart Health These cashews contain monounsaturated fats and polyunsaturated fats. It burns bad fats and triglycerides in the body and balances good cholesterol. Thus preventing heart disease, stroke, coronary heart disease, etc. These nuts are high in magnesium. It is used for heart muscle and high blood pressure. Bone Health The phosphorus, magnesium, calcium and vitamin K in cashew nuts support the production and strength of our bones and teeth. Magnesium helps in bone formation and Calcium helps in bone strength. Thus preventing the occurrence of a disorder such as osteoporosis. Cashew nuts are very good for diabetics. Because it has anti-diabetic properties. It is used to balance insulin secretion and control glucose. Preventing Cancer Cashews are potent in preventing cancer. Cashew nuts contain antioxidants such as tocopherols, anaerobic acids, cardinals, cardols and some phenolic. These antioxidants help to regulate cell proliferation, oxidative stress, cell dysfunction, DNA damage, and cancer cells. Strengthens Brain Function Cashew nuts contain healthy fatty acids that promote brain function. Thus all the neurotransmitters in the brain are functioning properly.

Synaptic conduction fixes everything in the fluid in the brain. So if the elderly take this it will increase the memory. Kidney stones Urinary stones are formed due to the accumulation of excess fat crystals in the bladder. Research shows that eating more nuts reduces the risk of glycestomy in women. Eye Health Cashew nuts contain lutein and zeaxanthin. It prevents cell damage, macular degeneration and cataracts in the eyes. Skin Health Prevents skin from aging too quickly. The antioxidants and vitamins in it protect the skin's elasticity. Note: If you are allergic to cashew nuts, it is better to avoid it. The allergens in it are likely to cause you a lifelong allergy. Eating Habits You can be eaten at home with cashews and other nuts. Cashews can be eaten with vegetables and chicken salad. Butter can also be made with cashew nuts. Sprinkle with chopped cashews over fish, chicken and dessert. If you have milk inflammation you can drink cashew lentil milk. You can grind cashew nuts and add it to curries, broths and soups.

What are the benefits of cashews?

The diet of a healthy person is important. Cashew is one of the most popular varieties of this product. This plant is indebted to its influential benefit and the amount of its vitamins. Its fruit consists of two parts: the fruit ("cashew apple") and the walnut itself with a hard shell attached to the fruit. Let's look at the benefits of cashews, how much damage they can do to the body.

Nutritional value

Nut structure

How effective are cashews?

For women

Men

Application

Medicine

In Cosmetology

Nutrition

In dentistry

Is it possible to mature during pregnancy?

Harm and Contradictions

Nutritional value

These nuts are high calorie foods that are high in protein and fat. Caloric composition of 100 g cashews 643 kcal, 100 g roasted cashews - 574 kcal. By consuming 100 grams of raw nuts, your body will get 18.5 grams of protein, 44.5 grams of fat and 30.2 grams of carbohydrates.

Nut structure

Despite the high fat content, these nuts of Brazilian origin have less fat than other popular nuts: walnuts, almonds, peanuts. But the nutrients in them, on the contrary, are still.

To digest proteins, fats and carbohydrates, riboflavin (B2) regulates the growth and reproductive functions of the human body, affecting the health of the skin, nails and thyroid gland. These Brazilian nuts contain thiamine (vitamin B1) and niacin (B3).

Also read about walnuts and manchurian nuts, almonds and peanuts.

And its nuclei contain other vitamins of group B: pantothenic acid, pyridoxine, folic acid, which affect digestion and are beneficial for the condition of intestinal microbiota. The benefits of cashews are enhanced by the presence of vitamin C, which enhances the body's defenses. Omega 3 is one of the beneficial ingredients in this product.

In addition to large amounts of vitamins, the fruits of this plant contain many trace elements:

Iron;

Phosphorus;

Magnesium;

Calcium

Sodium;

Potassium;

Zinc.

This is important! Unused rice walnuts are strictly prohibited because of the aromatic juice that can cause severe chemical burns under its shell. For this reason, only cleaned and processed kernels are sent to stores.

How useful are cashews?

Vitamins and trace elements in the plant:

Strengthen the immune system;

Contributing to the normalization of the cardiovascular system;

Normalizes blood cholesterol levels.

This product is known for its antiseptic, tonic and antibacterial properties. This nut is also useful for smokers - it reduces the negative effects of nicotine on the human body.

did you know? Juice, jam, jelly, concoction, lentils and alcoholic beverages are made from cashew apples in India and Latin America.

For women

Women are the ones who suffer the most because men save women more than women. In this case, the fruits of these Brazilian plants help, because it has long been considered a natural aphrodisiac. Cashews are beneficial for women who are experiencing severe pain in premenstrual syndrome.

Walnut compensates for magnesium deficiency, which affects a woman's body during PMS. Also, the magnesium in it helps women to cope more easily emotionally and physically. The use of its nuclei has a beneficial effect on delicate female skin, which requires gentle care.

Strawberry, Saffron, Medicinal Sage, Lychee, Cloves, Horseradish, Actinidia.

Men

Men will appreciate the benefits of cashews for their bodies. Not only does he increase libido and increase sexual function, it should also stimulate brain function.

Moderate use of this product helps to remove fats that can cause serious damage to the body, and can lead to numerous strokes - a common disease commonly found in men, according to global patients. Brazil nuts stimulate testosterone production, thus boosting male reproductive system function.

Application

Brazil nuts are widely used in various fields: for medicine and nutrition, anatomy and dentistry. Cashew is used in many dishes around the world and this ingredient is very popular in Asian cuisine. It is mostly used in the furniture industry and transport manufacturing.

To make the infusion compound of wood, which protects the shell nut from rotting of toxic substances. It is used in the manufacture of brake pads and lining of cars.

did you know? In Africa, cashews are used in green.

Medicine

In medicine, it is used in the treatment of diseases such as anemia, psoriasis, impaired metabolism. In Brazil, this product eliminates respiratory diseases, various inflammatory processes, diabetes and even diarrhea. In addition, its essential oils are used to treat sunburn, dermatitis and warts.

Separately, the prondosinin contained in cashews means that it can suppress the growth of tumors, which means that the nut is a by-product of overcoming cancer in its early stages. Scientists do not say that cashews can cure cancer, but they are advised to prevent it.

did you know? Roasted kernels and already roasted nuts form an alternative medicine to the clock of venomous snakes from the holes of shells.

In Cosmetology

Cashew butter has long been used in cosmetics. It is made of various massage creams, masks for body, hair and face. Pork oils are often released into pigment spots and urethra.

Nutrition

The nutritional use of this product was found to be due to the fact that this type of nuts has less fat than other representatives of the nut family. We recommend eating about 30 grams of Brazil nuts a day for nutrition as it is an excellent source of Brazilian and carbohydrates.

It is noteworthy that the nut is used in different amounts in weight loss and diet for weight loss. They recommend that nutritionists feel hungry because the nutrients are absorbed immediately into the body.

This is important! The shortage of nuts is small: they are stored for more than a month in a tightly closed container. However, by storing them in a refrigerator, or placing them in a freezer, they can extend their lifespan by up to six months to a year.

In dentistry

In Africa, cashews are widely used to cross the line. Also, dental oral hygiene advises the use of these nuts: in their embryos contain substances that are block bacteria that destroy the tooth lime. The combination of chopped kernels of Brazil nuts helps to eliminate gum disease.

Is it possible to mature during pregnancy?

Cashew is not a banned product during pregnancy unless a young mother is allergic to it. However, even in the absence of an allergic reaction, it is important for pregnant women to exercise caution because the most important thing when carrying a fetus is to eat rationally and in balance.

Moderate consumption of nuts during pregnancy:

Stabilizes the pressure and work of a young mother's heart;

Contributes to the formation of the skeleton of the child and strengthens the immune system;

Be a good prevention of anemia.

Harm and contradictions

Contraindications to the use of cashews are less, and more importantly allergies. Excessive use of this product or allergy can cause itching, edema, cervical disorders, dermatitis. Nut has residual benefits and excellent taste, which will bring healing and pleasure to your body.

You should not cook in high quality butter - high quality butter is hard to find, extra calories will only increase the fat content of the product, and cashew vitamins that simply do not have high temperature resistance will simply die. With this product, the substance for using kernels for weight loss and healthy nutrition is lost.

This is important! It is recommended to buy whole nuts - they will be stored longer. Nuts (scarcity), divided into two or more parts, although very cheap, quickly decomposing and bitter.

Cashew is a versatile product suitable for those who want to lose weight and gain weight. There are many vitamins and trace elements in the male and female body. Pregnant and lactating women should appreciate the benefits of the Brazil nut for themselves and their baby.

CONCLUSION

Cashews are a nutritional powerhouse, boasting high levels of fiber, protein, and beneficial fats. They're packed with a diverse range of vitamins, minerals, and phytonutrients that support overall well-being. Much like other nuts, cashews can aid in weight management, help regulate blood sugar levels, and contribute to heart health. However, it's important to note that cashews haven't been as extensively studied as some other nuts, so more research is needed to firmly establish their specific benefits. It's advisable to opt for unsalted, dried, or raw cashews whenever possible to minimize any potential drawbacks associated with excessive consumption.

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Authors Contributions

VR carried out the design of the study alignment and drafted the manuscript.

TM design and coordination and helped to draft the manuscript

VR, TM read and approved the final manuscript.

Competing Interests Statement

(✓) We declare to have significant competitive, financial, professional, or personal interests that have laid down the performance or presentation of the work described in this manuscript.

Ethical Clearance

N/A (Review article)

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