

## Kiwi Fruit: A Fruit or a Medicine?

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Fruits are an important part of a healthy diet in our daily routine. They are of course naturally low content of calories, sodium, fat, and cholesterol. Stuffed with vitamins, enzymes, minerals, they are very flavorsome and quickly digestible and also may reduce risk for many illnesses. Kiwi fruit, also known as Chinese gooseberry has become terribly popular during the past two decades due to its various medicinal properties. The most common kiwi fruit is the fuzzy kiwifruit and comes from the species *A. deliciosa*. The sweet fruit tastes like a mixture of pineapple, banana and strawberry. It acts as excellent appetizers in salads, fish, puddings, meat dishes, pies and cakes. However most of us are oblivious about the varied health benefits of this delicious fruit.

Kiwi fruit is rich in vitamin C, vitamin E, potassium, dietary fiber and magnesium. It contains minimal amount of sodium, cholesterol and saturated fat. Taking just a couple of kiwi fruit everyday may significantly lower your risk for blood clots and reduce the amount of fats (triglycerides) in your blood, therefore helping to protect cardiovascular health. It is noted that unpeeled fruit is higher in fiber than peeled fruit or fruit juice. In Chinese traditional medicine, this fruit was used for the prevention and therapy of many different types of cancers<sup>1</sup>. It has significant effects on human health, including anti-oxidant and anti-inflammatory activity. Many studies have shown that it contains many medicinally useful compounds, which may be beneficial in the treatment of sleep disorders<sup>2</sup>. Kiwifruit contains an enzyme; actinidain, similar to papain in papayas that reacts chemically to break down proteins. The actinidain can be an allergen for some individuals, specifically; people allergic to latex, bananas, papayas, or pineapples are likely to be allergic to kiwi fruit too<sup>3</sup>. It is utilize due to its high antioxidant properties and its effectiveness in decreasing oxidative DNA damage was assessed in ex vivo and in vitro tests<sup>4</sup>. A glycoprotein was found in ripe kiwi fruit which is very efficient inhibitor of pectin methyl esterase which works well in a pH range of 3.5-7.5<sup>5</sup>. A single-chain 21 kDa proteins exhibiting antifungal activity against *Botrytis cinerea* and some suppressive effects on *Mycosphaerella arachidicola* and *Coprinus comatus* were isolated from kiwi fruits<sup>6</sup>. Kiwellin is a novel protein of 28 kDa isolated from kiwi fruit. It is part of the three most abundant proteins present in the edible part of this fruit. It was

discovered by direct sequencing that Kiwellin is a cysteine-rich protein<sup>7</sup>. It is also noted that consuming two or three kiwi fruit per day for 28 days reduced platelet aggregation<sup>8</sup>. Kissper is a peptide displaying pore-forming activity in synthetic lipid bilayers, the composition of which is similar to that found in intestinal cells. This peptide is highly effective in preventing the increase of LPS-induced ROS levels in both Caco-2 cells and CD colonic mucosa<sup>9</sup>.

Kiwifruit are among a small number of foods that contain measurable amounts of oxalates, naturally-occurring substances found in plants, animals, and human beings. When oxalates become much too concentrated in body fluids, they can crystallize and cause health problems. For this reason, the person having kidney or gallbladder problems must avoid eating kiwi fruit. Here we have summarized a few significant properties of this fruit which makes it superior than other available fruits. After gone through the incomparable properties of kiwi fruit, it is very tough to decide whether it should be in class of only a fruit or a medicine.

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