

Cucurbita moschata seeds as an anthelmintic agent.

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Abstract

Cucurbita moschata is generally established in many areas of the planet, and is plentiful in carotenoids, nutrients, dietary fiber, minerals, and phenolic compounds. It additionally has significant therapeutic worth. Some connected exploration has demonstrated that Cucurbita moschata has the likely capacity to prompt enemy of heftiness, against diabetic, antibacterial, and anticancer impacts. Simultaneously, it has drawn in more consideration in the clinical field. These supplements and bioactive mixtures in Cucurbita moschata significantly affect human wellbeing. To utilize this harvest, it actually needs further review. Thusly, the motivation behind this article is to sum up the physicochemical properties and wholesome parts of Cucurbita moschata, and to give a reference to additional examination on the advantages of on human wellbeing.

Keywords: Physicochemical, Phenolic compounds, Carotenoids.

Introduction

Cucurbita moschata is an annual dicotyledonous vegetable, with creeping or climbing stems (growing up to 5 m) bearing tendrils. The stems are strong, cylindrical or pentangular, with petioles measuring 12–30 cm. The stems and leaves are mildly hairy. The leaves are circular, kidney-shaped, heart-shaped, or triangular, often deeply indented at the base, weakly lobed, wavy and toothed, more or less white spotted, up to 20 cm long and 30 cm wide. The flowers are large, yellow, bell-shaped, five-lobed, and up to 12 cm long. The peduncle is strong, with a rounded pentangular base and large apex. Fruits are round, oblate, oval, oblong, or pear-shaped, variously ribbed, 15-60 cm in diameter, and weigh up to 45 kg. Their flesh is deep yellow, orange, pale green, or white, and the hollow center contains pulpy loose fibers and numerous seeds. The seeds are oval, flat, white to brown, thin-shelled, irregularly margined, with a meaty kernel [1].

Cucurbita moschata has been generally developed in numerous nations since old times. The sort Cucurbita has a place with the Cucurbitaceae family and Cucurbitales request. The food crop Cucurbita moschata assumes a fundamental part in the eating regimen of both rustic and, somewhat, metropolitan regions in the Americas. It tends to be arranged by means of an assortment of cooking techniques, where it is utilized as a vegetable, yet additionally as a fixing in the creation of bread, flour, soup, pies, and different food sources. Cucurbita moschata likes to fill in warm tropical regions and water-rich conditions, as it isn't cold-safe however is high-temperature safe all things considered [2]. It can, in any case, oppose both dry spell and ice during its blooming period. It is plentiful

in vitamin A, vitamin B, L-ascorbic acid, different minerals, carotene, eight sorts of amino acids essential for the human body, and furthermore contains minor components like phosphorus, potassium, calcium, magnesium, zinc, and silicon.

Present day sustenance science and medication have shown that Cucurbita moschata can successfully forestall hypertension, diabetes, liver infection, and fortify the human resistant framework. Polysaccharides, dietary fiber, gelatin, and different substances in Cucurbita moschata affect the human body. Cucurbita moschata is utilized in many fields. In food handling, Lee have concentrated on the actual properties and tangible view of noodles enhanced with Cucurbita moschata powder [3].

Despite the fact that Cucurbita moschata has been generally developed in different locales of the world and some connected trial research has been done on it, there is still a ton obscure about the Cucurbita moschata assortment, which deserve further examination. Cucurbita moschata comes in many tones, like brown, orange, etc. The distinction in variety is mostly because of the distinction in the substance of carotenoids in Cucurbita moschata. It is presumed that the cancer prevention agent movement of Cucurbita moschata seeds is higher than that of Cucurbita maxima seeds.

In some instances, cooking can improve the bioavailability of some carotenoids, such as beta-carotene. For example, lightly steaming carrots or spinach may improve the body's ability to absorb their beta-carotene. However, prolonged cooking of carrots and spinach decreases the bioavailability of beta-carotene. It changes the shape of carotenoids from their natural Trans form to a cis form (much like trans and cis fatty

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Received: 31-Aug-2022, Manuscript No. AABPS-22-70788; Editor assigned: 02-Sep-2022, PreQC No. AABPS-22-70788(PQ); Reviewed: 16-Sep-2022, QC No. AABPS-22-70788; Revised: 21-Sep-2022, Manuscript No. AABPS-22-70788(R); Published: 28-Sep-2022, DOI: 10.35841/2249-622X.93.144

acids). Fresh carrots contain 100 percent Tran's beta-carotene; canned carrots contain only 73 percent. Tran's beta-carotene is the preferred form [4].

Cucurbita moschata is plentiful in dietary fiber, vitamin A, L-ascorbic acid, and vitamin E. It is additionally wealthy in manganese, magnesium, and potassium, which are fundamental for the human body. *Cucurbita moschata* contains a lot of gelatin, mineral salts, carotene, nutrients, and different substances that are helpful to human wellbeing. It is appropriate for patients with hypertension, coronary illness, and hyperlipidaemia, and is particularly useful for old, fat, and hypertensive individuals [5].

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