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## CERTAIN UNDERUTILIZED FRUITS FOR MOCK TAIL PREPARATION

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### Introduction

India is the second largest producer of fruits in the world, because its diverse agro-climatic conditions allow a wide range of tropical, sub-tropical and a temperature fruit to be produced. Fruit production in India covers an area of 4.96 million hectares. Flavanoids naturally occurring in fresh fruits, vegetables, tea and wine are powerful antioxidants.  $\beta$  carotene, the provitamin A, is important for its antioxidant properties. It is abundant in the colour vegetables and fruits.

Increased fruit and vegetable intake as part of the daily diet could help prevent major chronic non communicable diseases (NCDS). Worldwide, low intake of fruits is estimated to cause about 31% ischemic heart disease, 11% of strokes and about 19% of gastrointestinal cancer. Some underutilized fruits were discussed below

### Description



#### Rose Apple

Rose apple is believed to be originated as fruit of south east asia. It possess a natural sour taste. When it ripens it gives sweet taste. It is also called as bell fruit, java apple, wax apple. Rose apple is a shrub or a small tree a native to Southeast Asia, but it spread throughout the world as an ornamental plant. It has dozen of names. Jambu is a popular name for this fruit. The active organic compounds found in rose apples, combined with vitamin C and vitamin A, have become known as effective cancer – prevention treatments. Early research and traditional medical texts claim that prostate and breast cancer is reduced by adding rose apples to our diet.

### Star Fruit



Star fruit also known as carambola is a star shaped tropical fruit with sweet and sour flavor, believed to contain antioxidant phytonutrient polyphenolic flavonoids. Some of the important flavonoids present are quercetin, epicatechin and Gallic acid. Antioxidants in the form of vitamin C in star fruit help by cleaning the body and slow down the growth of these free radicals before they cause any damage to healthy cells. Star fruit contains fiber that cleanses toxin storing the colon and since these toxins increase the risk of colon cancer, it neglects the risk as well.

### Passion Fruit



Passion fruit contain powerful phytochemicals called Vitexin, Harmol, and Harmallin. The phytochemicals which can be liable for this particular anti-cancer effect usually are carotenoids as well as polyphenols. Passion fruit also contain vitamin A, various Flavonoids and phenolic compounds all of which have been linked to anticancer properties, particularly in to term of oral and lung cancers.

### Sour Sop

A well-known fruit throughout the word rarely found fresh anywhere else. Fruit is large spiny green, with sweat flesh. It contains white pulp with smooth cream with nearly 50-100 black seeds. The seeds are not edible.



Fruit is extremely delicious with sharp aroma and sweet sour taste. Fruits are Ovoid (pear- shaped) large and grow up to 19 centimeters long with soft skin, and spines. Fruits may weigh up to 2 to 5 kg. Leaves of soursop also contain some chemical compounds like Acetogininbulatacin, asimision and sqamosin. These compounds are effective in billing pests & insects. Soursop can be used to make desserts, Sorbert, pies, ice cream, cakes, preserved and beverages raw young soursop is used as a vegetable in south India recipes for preparing sweat meat. Eating soursop Fruit, may attack cancer cells safety and naturally. Leaves of this fruit kill ten types of cancer cells including colon, prostrate and lung, Soursop possess 1000 times active ingredients stronger than chemotherapy. It contains a chemical compound named annonacin which reduces cancer. Since soursop contains vitamin C more in amount, it helps in decreasing in urinary tract infection.

### Conclusion

This article focuses on the underutilized fruit which can be used for mock tail preparation. It has recently paid attention in cancer research. Moreover its medicinal properties, now it has been also replaces in culinary uses too.

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