



BITTER GOURD (KARELA)

- **Scientific Name:** 'Momordica charantia'.
- **Nutritional Value:** Rich in **vitamins A and C, potassium, and fiber.**
- **Varieties:** Indian bitter gourd (**karela**) and Chinese bitter gourd.
- **Taste:** Distinct bitter taste.
- **Health Benefits:** It helps manage blood sugar levels, improve digestion, and boost immunity.
- **Culinary Uses:** It is used in various **Asian cuisines**, can be stir-fried, stuffed, or added to curries.
- **Medicinal Properties:** Believed to have anti-inflammatory and antioxidant properties.
- **Growing Conditions:** Tropical and subtropical climates.
- **Traditional Medicine:** It is used in Ayurveda and Chinese medicine for potential therapeutic properties.
- **Blood Sugar Control:** It helps reduce blood sugar levels in people with diabetes.
- **Antibacterial Properties:** It has antibacterial effects, contributing to its potential health benefits.
- **Cancer Research:** Some studies are exploring its potential anticancer properties.