

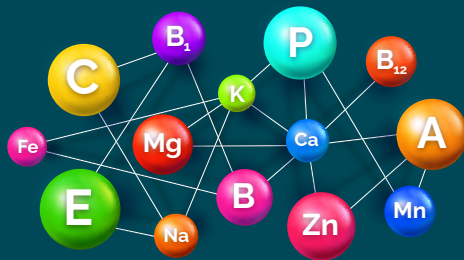
Why Your Morning **Ash Gourd Juice** Might Not Be Your Best Bet

Ash gourd is approximately 96% water, making it an excellent hydrator.



It's low in calories and carbohydrates, yet rich in dietary fibre, which aids in digestion and promotes satiety, a benefit often cited for **weight management**.

Studies have shown ash gourd to contain essential vitamins like **C and B-complex** (niacin, thiamine, riboflavin), and minerals such as **iron, potassium, zinc, calcium, magnesium, and manganese**.



Drinking ash gourd juice on an empty stomach in the morning is trending now.

Touted for its cooling properties, digestive benefits, and ability to enhance mental clarity, it's a staple in various traditional practices. However, while ash gourd (*Benincasa hispida* in Latin) offers lots of health advantages, this **isn't a super food, to be followed by all!**

Its antioxidant compounds, including flavonoids and carotenes, contribute to its anti-inflammatory and cell-protective effects, potentially guarding against chronic diseases. Some research also suggests it may help **regulate blood sugar levels** due to its fibre content slowing glucose absorption.

The very qualities that make ash gourd juice beneficial for some can be detrimental to others, especially when consumed raw and early in the morning.

The high water content and inherent coldness of ash gourd juice can significantly lower the body's core temperature. While beneficial in hot climates or for those with excess heat, this rapid cooling can suppress metabolic fire. A dampened digestive fire is the production house for many diseases. It may exacerbate sinus infections.



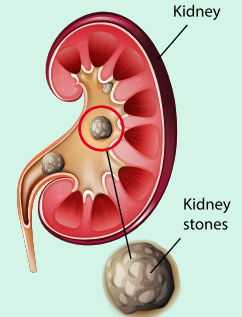
While fibre is beneficial, a sudden large intake of raw juice on an empty stomach can be challenging for a weak digestive system. The complex carbohydrates and fibres, may lead to gas, bloating, stomach cramps, and even diarrhoea in sensitive individuals.



While ash gourd can help regulate blood sugar, its low glycemic index and potential hypoglycemic effects (lowering blood sugar) mean that individuals on diabetes medication need to exercise caution. Consuming it on an empty stomach could potentially lead to a sharp drop in blood sugar, causing dizziness, weakness, or other adverse reactions.



Ash gourd contains naturally occurring anti-nutritional factors such as oxalates. Very high, consistent intake of raw juice might interfere with the absorption of certain minerals like calcium, especially in individuals prone to oxalate-related issues like kidney stones.



Based on your constitution and digestive abilities, Take ash gourd juice. If you are used to taking raw ones and don't end up in bloating, you can consume them.

Otherwise, **steam and juice** it. Eating **steamed ash gourd** is even better! Add warming **spices** like **pepper or ginger** to avoid catching cold



Look out for potential pre medical issues, before planning to take this drink. Start with a **small quantity and pay close attention to how your **body reacts**. Any signs of **digestive upset, increased coldness**, or exacerbation of existing conditions warrant a **re-evaluation** of its consumption.**

Moderation, Timing, and Individual Constitution are Key

For doubts and queries, please reach out:
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