Journal of The Gujarat Research Society

ISSN: 0374-8588
Volume 21 Issue 4, April 2019

An Analysis of Health Benefits of Orange

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ABSTRACT: ***Citrus plants, which include fruits such as orange, mandarin, lime, lemon, sour orange, and grapefruit, belong to the Rutaceae family and seem to be a well-known potential source of many beneficial nutrients for humans. Due to the huge quantity of peel generated, citrus by-product processing may be a significant source of phenolic compounds and dietary fiber. Citrus fruit leftovers, which are usually thrown as trash in the environment, may be used as a source of nutraceuticals. Such wastes are capable of providing substantial low-cost nutritious dietary supplements due to their cheap cost and simple availability. The use of these bioactive-rich citrus leftovers may offer a cost-effective, environmentally friendly foundation for the development of new nutraceuticals or the enhancement of existing ones. The possible components found in citrus peel, which is often thrown as trash, were carefully summarized in this study.***

KEYWORDS: Citrus, Fruit, Health, Orange, Plant.

1. INTRODUCTION

Consumption of fruits and vegetables on a regular basis may help to decrease the risk of chronic illnesses. Dietary fibre, which consists of a range of non-starch polysaccharides such as cellulose, hemicelluloses, pectin, -glucans, gums, and lignin and is eaten as food owing to its positive effects on food nutritional qualities, is a frequent component of food items. Dietary fiber consumption aids in the prevention, reduction, and treatment of chronic illnesses such as bowel and gastrointestinal problems, obesity, diabetes, cardiovascular disease, and cancer, as well as physiological functions such as blood triglyceride reduction and glucose management. Fruit, vegetable, and whole grain by-products are reliable sources of dietary fibers and useful substances. Dietary fibre intake of 25–30 g/day has been linked to various physiological and metabolic impacts and may assist to overcome a fiber deficiency diet. Phenolic chemicals found in fruits and vegetables may help to prevent cholesterol ester buildup, which increases the risk of heart disease. In addition, anti-inflammatory and anticarcinogenic effects have been observed. Antioxidant action is known to be present in phenolic compounds[1].

Citrus (Citrus L. from the Rutaceae family) is one of the most widely grown fruits in the world, and it includes active phytochemicals that may help preserve your health. It also contains a significant amount of vitamin C, folic acid, potassium, and pectin. Citrus species' role in the prevention of life-threatening illnesses has been studied, and citrus fruits, citrus fruit extracts, and citrus flavonoids have been shown to have a broad variety of potential biological characteristics owing to their phenolic profile and antioxidant capabilities. Citrus fruits are widely eaten as fresh product, juice, and, in contrast to other portions of the fruit, the peel is often thrown as trash, despite the fact that it contains a broad range of secondary components with significant antioxidant activity. Citrus fruit output has risen considerably in recent years, reaching 82 million tons in 2009–2010, with oranges accounting for approximately 50 million tons, 34 percent of which was utilized for juice production, and 44 percent peel as a by-product.

ISSN: 0374-8588
Volume 21 Issue 4, April 2019

As a result, a significant quantity of peel is generated each year. Citrus peel is an excellent source of molasses, pectin, and limonene, and is often dried, combined with dried pulps, and marketed as cow fodder. The epicarp or flavedo (colored peripheral surface) and mesocarp or albedo (white soft center layer) of citrus peels are separated[2].

Citrus is a health-benefiting fruit because it contains polyphenols, vitamins, minerals, dietary fibers, essential oils, and carotenoids, according to many studies. Several examples of the use of citrus fruits as therapeutic remedies can be cited in this regard: oranges to treat scurvy; orange, lime, and lemon juices as remedies for preventing kidney stone formation; grapefruits as agents capable of lowering blood pressure and interfering with calcium channel blockers; citrus flavonoids as effective in vivo agents capable of modulating hepatic lipid metabolites In the past 12 years, citrus cultivars have been shown to include rare physiologically active components such as oxyprenylated natural products such as 3,3-dimethylallyloxy-(C5), geranyloxy-(C10), and farnesyloxy-(C15) related compounds. Citrus fruits have also been shown to be a rich source of prenyloxycoumarins such auraptene, bergamottin, imperatorin, heraclenin, oxypeucedanin, and others, which have been isolated from citrus juice and peel extracts. Citrus fruits include phenols, amino acids, essential oils, pectin, carotenoids, flavonoids, and vitamin C, all of which have been shown to be helpful in the prevention of degenerative illnesses[3].

Antioxidants are presently used to prevent the production of chemicals that reduce sensory and nutritional quality, such as butylated-hydroxyanisole and butylated hydroxytoluene (BHA, BHT), which have been proven to be hazardous in certain studies. These synthetic antioxidants, such as BHA, have been found to promote the growth of malignant cells in rats in clinical studies. These results have changed researchers' and consumers' preferences for natural foods and food components that are thought to be healthier and more pure than their synthetic counterparts. As a consequence, value may be added by identifying and isolating bioactive chemicals from food processing industry by-products. This study focuses on the three major components of citrus peel, each of which has a wide range of functional characteristics[4].

1.1 Phenolic compounds:

Phytochemicals, particularly phenolics in fruits and vegetables, are major bioactive substances with proven health benefits. Plant phenolics have been found in non-edible sections of plants and have been linked to a variety of biological impacts, according to studies. Cell differentiation, pro-carcinogen deactivation, DNA repair maintenance, inhibition of N-nitrosamine production, and changes in oestrogen metabolism are among the processes underlying phytophenolics' contribution to health promotion and illness prevention. Free radical scavenging and metal chelation activities are two major mechanisms for phenolics' antioxidant activity in functional meals. Reactive oxygen species (ROS) such as superoxide, hydrogen peroxide (H2O2), hypochlorous acid (HOCl), and the hydroxyl radical (HOradical dot) have been shown to aid in human pathophysiology. By scavenging free radicals and quenching ROS, phytophenols are helpful in preventing and curing free radical-mediated illnesses such as cancer, diabetes, neurodegenerative diseases, the aging process, and cardiovascular dysfunctions. Furthermore, many antioxidants present in plants have a variety of biological effects, such as antibacterial, antiviral, anti-inflammatory, antiallergic, antithrombotic, and vasodilatory properties[5].

Citrus (Citrus L. from Rutaceae), one of the most popular global fruit crops, includes a variety of active phytochemicals that may help preserve your health. It also contains a significant

ISSN: 0374-8588
Volume 21 Issue 4, April 2019

amount of vitamin C, folic acid, potassium, and pectin. Citrus species from various origins have been studied for their phytochemical composition and contribution to health promotion, and it has been discovered that citrus species have promising biological properties such as antiatherogenic, anti-inflammatory, antitumor, anticlotting, and strong antioxidant activity. During the winter months, the industry and fruit sellers process Kinnow or Tangerine (Citrus reticulata), a citrus fruit type produced mostly in Punjab and Rajasthan, into juices, and 30–34 percent of kinnow peel is recovered as a significant processing by-product. This Kinnow peel has been discovered to be high in health-promoting substances such as vitamin C, carotenoids, and polyphenolic antioxidants. Lipid oxidation and auto-oxidation, on the other hand, are the primary drivers of food degradation, particularly in meat products. For years, synthetic antioxidants have been employed to prevent lipid oxidation, which may result in changes in meat quality characteristics including color, flavor, odor, texture, and even nutritional value. To overcome the drawbacks of synthetic anti-oxidants in meat products, a researcher successfully replaced them with kinnow rind powder extract. The results revealed that extracts are rich sources of phenolic compounds with free radical scavenging activity, and the researchers concluded that citrus powder extracts have the potential to be used as a safer alternative to synthetic anti-oxidants[6].

1.2 Flavonoids:

Flavonoids are polyphenolic chemicals with a phenyl benzopyrone structure, which consists of two benzene rings (C6) connected by a three-carbon linear chain (C3) with a carbonyl group at the C position. Despite the fact that flavonoids are considered non-nutritive, their potential involvement in the prevention of major chronic illnesses has piqued the interest of numerous experts. Citrus flavonoids include glycosides like hesperidin and naringin, as well as O-methylatedaglycones of flavones like nobiletin and tangeretin, which are two of the most prevalent polymethoxylated flavones (PMFs). Peels of citrus fruits are said to have the most PMFs when compared to other edible portions of the fruit. Citrus flavonoids have been discovered to have anticancer, antiviral, and antiinflammatory properties, as well as the ability to decrease capillary fragility and human platelet aggregation. Some glycosylated flavanones may be quickly converted to dihydrochalcones, which are powerful natural sweeteners. Flavonoids in orange peel have lately been intensively investigated for their many biological activities. They improved serum antioxidant capacity against lipid peroxidation and decreased oxidative stress in the elderly. Anti-inflammation, anti-tumor, and anti-atherosclerosis properties are all present in these substances. Furthermore, they may be used as a complement to chemotherapy drugs, diabetic health foods, and neuroprotective drugs. Flavedo extracts of several citrus fruits cultivated in Mauritius were tested for total phenolic, flavonoid, and vitamin C content, as well as antioxidant activity[7].

1.3 Dietary fibre:

Dietary fibre is made up of a combination of plant carbohydrate polymers, both oligosaccharides and polysaccharides, such as cellulose, hemicelluloses, pectin compounds, gums, resistant starch, inulin, and some non-carbohydrate moiety in connection with some non-carbohydrate moiety. To be acceptable as a food component, the fibre source's SDF/IDF ratio should be close to 1:2. Dietary fiber not only aids in avoiding hydrolysis, digestion, and absorption in the human small intestine, but it also performs one of the following functions: faecal bulking, colonic fermentation, insulin maintenance, and pre-prandial cholesterol reduction. Fibre-rich by-products, high in dietary fiber and bioactive substances, serve as a

ISSN: 0374-8588
Volume 21 Issue 4, April 2019

reward to food processors, since health-conscious consumers choose natural supplements worrying that synthetic chemicals may be the cause of toxicity. Dietary fibre supplementation may lead to healthier, more affordable meals with a variety of health advantages. Dietary fiber requirements for males and women are 21–25 g per day and 30–38 g per day, respectively. Soluble fiber should account for 20–30% of our daily fiber consumption, according to most nutritionists and diet experts. Dietary fibre has certain functional characteristics, such as water holding capacity, oil holding capacity, viscosity or gel formation, bile acid binding capacity, emulsion stabilization, and shelf-life enhancement, in addition to health advantages. Value-added goods may be made from cereal, fruit, and vegetable by-products that are generated in huge quantities every day. They provide nutritional fiber as well as bioactive components like polyphenols and essential oils, resulting in a win-win situation for both the grower and the consumer. The residue left over after the industrial processing of citrus peel is a good example. A study found that adding cereal or fruit fiber, particularly 1.5 percent orange fiber, to dry fermented sausages may be utilized as a fat replacer. Citrus fibre, which has bioactive properties owing to the presence of polyphenol-like components, may be utilized as efficient lipid oxidation inhibitors in meat products, increasing their oxidative stability and shelf life. Citrus fiber may potentially be utilized to lower nitrite levels in the body. Citrus peel, which is made up of white, spongy, and cellulosic tissue, may be a possible source of pectin. Dietary fiber intake is linked to a lower risk of life-threatening chronic illnesses such as bowel and gastrointestinal disorders, obesity, diabetes, cardiovascular disease, and cancer, as well as supporting physiological processes such as blood cholesterol reduction and glucose control. Many epidemiological research have shown the efficacy of citrus peel in reducing plasma liver cholesterol, serum triglyceride levels, serum total cholesterol, liver total lipids, and liver cholesterol. The fiber included in the peel of orange fruits aids in the enhancement of intestinal function and health. Citrus hystrix and Citrus maxima (red and white varieties) peel, pulp, and peel fiber may be utilized as possible dietary fiber sources in the enrichment of meals due to their high physicochemical characteristics.

1.4 Role of orange in inflammation:

Citrus flavonoids contain anti-inflammatory compounds due to the presence of regulatory enzymes (protein kinase C, phosphodiesterase, phospholipase, lipoxygenase, and cyclooxygenase) that regulate the formation of biological mediators that activate endothelial cells and specialized cells involved in inflammation. Flavonoid inhibition of these enzymes has been linked to flavonoid suppression of immunological and inflammatory responses. Citrus flavonoids may inhibit the kinases and phosphodiesterases that are required for cellular signaling and activation. They also influence the activation of T and B lymphocytes, which play a role in the immunological response. Citrus flavonoids also help to prevent atherosclerosis by preventing atheroma development. According to one study, hesperidin produced from citrus cultures may have therapeutic promise as a moderate anti-inflammatory drug, as well as being helpful as a precursor to novel flavonoids with this property. Hesperidin inhibits lipopolysaccharide (LPS)-induced overexpression of cyclooxygenase-2, inducible nitric oxide synthase (iNOS), overproduction of prostaglandin E2, and nitric oxide production in mouse macrophage cells, according to studies (NO).

1.5 Role of orange in Anti-Obesity:

Sweet oranges are low in calories, saturated fats, and cholesterol, but high in dietary fibre, pectin, which is beneficial to those who are overweight. Pectin, when used as a bulk laxative,

shields the mucous membrane from toxins and binds to cancer-causing compounds in the colon. Pectin has also been found to lower blood cholesterol levels by preventing cholesterol from being reabsorbed in the colon by binding to bile acids. Synephrine, an alkaloid found in orange peels, inhibits cholesterol synthesis in the liver. Oranges include antioxidants that fight oxidative stress, which causes LDL (low-density lipoprotein) in the blood to oxidize.

1.6 Role of orange in curing cancer:

Citrus flavonoids may protect cells from cancer by causing selective cytotoxicity, antiproliferative effects, and apoptosis. Flavonoids are antimutagenic, which means they prevent DNA from harm by absorbing UV radiation. When free radicals are produced near DNA, they neutralize them, preventing mutations. This has been shown in mice whose bodies have been bombarded with c-rays. Flavonoids may also preserve DNA by interacting directly with tumor-causing chemicals, such as bleomycin-induced chromosomal abnormalities. Citrus flavonoids have been shown to suppress tumor growth and cell proliferation in rat malignant cells in cardiac and hepatic tissue of syngenetic rats. Citrus flavonoids' capacity to act as such is dependent on cell mobility inhibition. Iron, chlorine, manganese, zinc, sodium, phosphorus, iodine, calcium, folic acid, potassium, pectin, beta-carotene, amino acids, and fibre are all found in oranges. A single orange is believed to contain about 170 phytonutrients and over 60 flavonoids, all of which have anti-tumor, anti-inflammatory, blood clot-inhibiting, and antioxidant effects. All of these characteristics contribute to general health.

1.7 Effect of orange on Wholesome health:

Oranges are also high in vitamin A and flavonoid antioxidants including alpha and beta carotenes, beta-cryptoxanthin, zeaxanthin, and lutein, all of which have antioxidant qualities. Vitamin A is required for the maintenance of healthy mucous membranes, skin, and eyesight. It also contains a lot of B-complex vitamins including thiamin, pyridoxine, and folates. These vitamins are important in the sense that they must be replenished from outside sources. Minerals such as potassium and calcium are also abundant in orange fruit. Potassium, which is found in large amounts in cells and bodily fluids, aids in the regulation of heart rhythm and blood pressure. Vitamin A is also necessary for the maintenance of healthy mucous membranes and skin, as well as for eyesight.

Natural fruits high in flavonoids assist to protect the body from lung and oral cervical cancers. Minerals such as potassium and calcium may also be found in abundance in oranges. Potassium is a mineral that is found in cells and bodily fluids and aids in the regulation of heart rate and blood pressure. Constipation is relieved by the alkaline components of the orange, which stimulate the digestive fluids. Orange juice consumption decreases the development of calcium oxalate, which causes kidney stones, when consumed on a regular basis. Orange polyphenols protect against viral infections. Oranges make you appear younger by protecting your skin from free radical damage and keeping it fresh and bright.

2. LITERATURE REVIEW

Setzer W et al. discussed Biological activities and safety of citrus spp. Essential oils in which they discussed how For thousands of years, citrus fruits have been a valuable economic crop. Citrus essential oils are also used in the perfume, food, and beverage sectors, as well as for aromatherapy and medical purposes. The essential oils of sweet orange (Citrus sinensis), bitter orange (Citrus aurantium), neroli (Citrus aurantium), orange petitgrain (Citrus aurantium),

ISSN: 0374-8588
Volume 21 Issue 4, April 2019

mandarin (Citrus reticulata), lemon (Citrus limon), lime (Citrus aurantifolia), grapefruit (Citrus paradisi), bergamot (Citrus bergamia), and Yuzu (Citrus junos (Citrus japonica)[8].

Chaturvedi Dev et al. discussed benefits of orange in which they discussed how It's no surprise that oranges are one of the world's most popular fruits. The orange (citrus sinensis) is well-known across the globe for its nutritional and therapeutic qualities. The whole Orange plant, including ripe and unripe fruits, juice, orange peels, leaves, and blossoms, has been utilized as a traditional medicine from time immemorial. Citrus sinensis is a member of the Rutaceae family. The fruit is a fleshy, indehiscent berry that may be anywhere between 4 and 12 centimeters in length. Orange has antibacterial, antifungal, anti-diabetic, cardioprotective, anti-cancer, anti-arthritic, anti-inflammatory, anti-oxidant, anti-Tubercular, anti-asthmatic, and anti-hypertensive qualities, among others. The entire plant includes limonene, citral, neohesperidin, naringin, rutin, rhamnose, eriocitrin, and vitamin C, among other phytochemicals. The purpose of this review post is to collect all of the odd facts about this delicious fruit that are currently accessible[9].

Huang Z et al. discussed Preservation of orange juice using propolis in which they discussed how Orange juice is one of the most popular and widely consumed fruit juices in the world, particularly in Europe, and chemical food preservatives such as sodium benzoate, potassium sorbate, and their combinations have long been employed in commercial orange juice. Consumption of these preservatives in excess may be harmful to human health. Propolis is a human medication and natural food preservative made from resins gathered from plant buds and exudates and combined with salivary gland secretions and beeswax by honey bee workers. We believe that propolis, which is alcohol-free, may be used as a non-synthetic alternative to synthetic preservatives in orange juice. The preservation effect of propolis emulsion on orange juice was evaluated in this research for up to 35 days. To 388, 388, 400, and 400 mL orange juice, respectively, propolis emulsion (0.02 g/mL propolis, 12 mL), emulsion control (12 mL comprising Tween-80, hydrophilic phospholipid, and polyethylene glycol 400), sodium benzoate (0.4 g), and potassium sorbate (0.4 g) were added. Bacterial growth and l-ascorbic acid degradation were both significantly inhibited by propolis emulsion. Propolis emulsion successfully maintained the pH value, titratable acidity, total phenolic content, color, and antioxidant capacity of orange juice. These characteristics were not seen in a control solution containing all of the same emulsifying ingredients but no propolis. Propolis may be utilized as a natural preservative in orange juice or other fruit liquids instead of artificial preservatives, according to the findings[10].

3. DISCUSSION

This study examined the role of sweet orange (Citrus sinensis L) in many aspects of human health, including the treatment of arteriosclerosis, cancer prevention, kidney stones, stomach ulcers, cholesterol reduction, high blood pressure reduction, and immune system strengthening. Vitamins, particularly vitamin C, and phytochemical substances such as liminoids, synephrine, hesperidin flavonoid, polyphenols, and pectin, among others, are responsible for these health advantages. A single orange is believed to contain about 170 phytonutrients and more than 60 flavonoids that have anti-tumor, anti-inflammatory, blood clot-inhibiting, and antioxidant effects. To reduce postharvest damages, it is necessary to control the impact of various pathogens that limit production, nutritional value, and market qualities by chemically treating fruits, using biological control agents, using proper packaging and storage facilities, and other

ISSN: 0374-8588
Volume 21 Issue 4, April 2019

disease management practices. In coevolved pathosystems, breeding for resistance, the most effective strategy for managing many of these illnesses, is generally accessible, but it may become rare if new pathogenic races emerge. Inadequate host resistance, as well as that produced by prevalent diseases, may be a major obstacle in the control of these new races. Other disease management strategies may be used in subsequent instances. Because of its health advantages, there is a need for public education on the significance of sweet oranges, which are very inexpensive and available nearly all year.

4. CONCLUSION

Recent study on the functional characteristics of citrus by-products, particularly peel, has contributed to our understanding. Fruit residues, which would otherwise be thrown as trash in the environment, should be considered as potential nutraceutic resources, capable of providing substantial low-cost, nutritious dietary supplements, owing to their cheap cost and simple availability. These undesirable industrial cast-offs, which are rich in bioactive components, may be repurposed into value-added food supplements that offer beneficial dietary fibre and polyphenols. They act as non-caloric bulking agents, increase water and oil retention, improve emulsion, and may protect us from oxidative stress-related illnesses. Fruit peel extracts show potential as bioactive chemical sources in the food sector. Furthermore, a well-established usage of the citrus peel would aid in the reduction of environmental issues caused by improper disposal of such leftovers. More study is required to determine the bioavailability and true effects of these citrus peel extracts in vivo.

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