



A Review on Significance of Peach (*Prunus persica*)

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Abstract

Peach is a tree native to china that bearable sweet and juicy fruit with delicious taste. One which gives us fruit as well as shelter, oxygen and many more is a tree known as peach (*prunus persica*). Like other fruits peach also have a sweet and juicy taste flavor. It is soft in the center and hard outside. Due to its delicious taste and texture it is used for making jams, jellies, and juices and sometime used in salads and in baby foods. Due to awesome flavor and attractive color, it is considered as the good fruit. Peach is a natural good fruit for help in internal system for digestion of heavy food. There are many medicinal trees among peach is one of them which is very popular throughout the world. Peach has more important in the treatment of diseases, due to the it's nutritive values. It is more important among stone fruit. Total 300 species in the world, among the two important species belong to Pakistan, which are cling and Freestone. Peaches tree itself support provide to other, according to nutritional, commercial. Peaches has many anti-diseases bioactive properties, which are anti-allergic, anti-bacterial, anti-cancer and anti-oxidant.

Keywords Peach (*Prunus persica*); Phytochemical; Antioxidant; biological activities.

Introduction

God has gifted a valuable fruit which has much importance in nature. The peach fruit has more important due to having medicinally properties and high nutritive value make its popular. Such as high mountains, waterfalls, trees, flowers and many more. One which is most important is trees which provide us oxygen and provide us fruits. One of these trees is peach which has many nutritional benefits as well as many medicinal uses (Hutchens, 1991). The peach having amazing delicious taste. Fruits and vegetables are very important in maintain human health. Basically

peach belong to a Rosacea (Rose family) and its botanical name is (*Prunus persica*) refers to Persia (Present Iran). The peach is a native of china, where it have been cultivated since early time. In humans the fruit peach play an essential role in nutrition and health base (Cueto Chocano). The daily intake of fruits and vegetables is to prevent diseases like stomach, pancreatic, cancer. Peaches are economically and nutritionally important all over the world. The bark of peach is used to treatment of diseases as cough, whooping cough, chronic, anti-scorbutic. Peaches have great unique varieties, flesh colors, yellow, red and white and shapes. The green leaves of peach is used as a pesticides. The peach (*prunus persica*) seeds are used in jam's production, canning, drying. In peaches many secondary metabolites are present as phenolic compounds, carotenoids, tocopherols, which cure diseases. Peaches need specific temperature climate region for their propagation. The peach are popular in sweet flavour, delicious taste, soft texture, juicy flesh, which make them one the best fruit in world. The bark of the peach are helpful in reducing pain produced by blows, twists. Peach leaves also reduce the inflammations of prostate. Peach wood is used to make furniture, musical instruments, and wood carvings. It is also used to make wooden kitchen utensils because it doesn't ever pass any color or odor to the food (Conners, 2002).

History

Peaches are so unique from other fruits. It's originated from china, where it was first cultivated at that time. It's belong Rosaceae family. With the passage of time peach (*Prunus persica*) were introduced in other countries. The peach tree is grow from seeds or peach. Peaches need favourable condition as sunlight, fertile soil, watering for their growth.

Phytochemicals in peach

Peaches are good sources of bioactive compounds, which have anti-diseases and antioxidant properties. Peaches are rich in proteins, vitamins, calcium, fibers, potassium, minerals, carotenoid, flavonoids, anthocyanins, phenolic acids and some iron, chlorogenic acid, catechins, epicatechins, cyanidin-glucosides.

Propagation

The peach tree can easily grow in well-drained soil. Sometimes the seed are grown in the field and from that seed new tree grow. During planted the peach tree the pit which is dig is about 3-4 inches which cover the whole roots. Grafting is also done for the propagation of peach tree.

Strength of peach in Pakistan

Peach is the most important fruit in Pakistan. In Pakistan peach play an important role in economic life still 7 to 10 years. The use of rootstock or calcium which induced iron chlorosis.

Nutritional value of peach

Peaches contain a broad range of nutrients in them, which are need for healthy body. Peach fruit contain nutrients, sugar and acids. Although it also contain other nutrients. Commonly a peach of 175 grams contains 16.7 grams of carbohydrate, 0.4 grams of fats and 1.6 grams of protein. Total caloric value of 68. In which the sugar is sucrose. Main fat is linoleic acid, which is polyunsaturated. The presence of amino acids present in proteins are as glutamic acids, serine and hydroxyproline. Peaches are also rich in vitamins, proteins, minerals and potassium.

Medicinal uses of peach

All peaches have sweet and delicious taste. The peach leaves are used in treatment of gastritis, cough, bronchitis and vomiting. The dried and powdered leaves are used to help heal store and wounds. It is rich in vitamins, minerals, proteins, sugar and iron. The fruits of choices varieties can be canned. The peach also play an important role in Chinese tradition and it symbolic of long life. The peaches are low in calories or no saturated fats. Potassium is vital source of cell which regulate blood pressure or heart rate. Fluoride part of bone is prevention of dental cares. Peaches give many amazing benefits. They help in maintaining health. The peaches provide us the following benefits as under.

Cancer

The peaches are rich in carotenoid, minerals, phenolic compounds, antioxidants, vitamin A, which have anti tumour and anti-cancer activities. The sources of antioxidant vitamin A and C is present in peach both are important in treatment of cancer diseases. The high intake of fibers from fruits and vegetables for low the danger of cholorectal cancer. Peaches also contains chlorogenic acids and neochlorogenic present in peach which reduce growth of cancer.

Diabetes

There are two types of diabetes which need high fibers diets which may lead to lower blood glucose levels and the other diabetes which may have improved blood sugar and insulin levels peach fruit helps in both condition.

Heart health

The potassium, vitamin C, fiber and choline content in all peaches which support heart health. An increase in potassium intakes is more important of dietary which reduce the risk of cardiovascular diseases. The phenolic compound in peach may reduce cholesterol high level in body. This is aid to maintain heart health.

Improve digestion and can fight constipation

Pectin is naturally diuretic which helps in improving digestion. Drinking juice of pear help against constipation by producing the feces soft and easily eliminated through intestine. It also helps in balance pH level.

Eye health

Peaches are rich in beta-carotene, which convert into vitamin A. The beta-carotene vital role in maintain healthy eyesight and preveting diseases like blindness. As it is important that more intake all kinds of fresh fruits and vegetables for good vision and healthy life. The bioactive compounds, carotenoid, letuin present in peach to have reduce nuclear cataract.

Detoxify the body

The peaches play important role in detoxify wastes. Peaches help in remove of harmful toxics from liver and kidney. The hepato- protectant elements valuable in treating the hepato-toxicity, caused various diseases like tuberculosis etc.

Prevent Hypokalemia

The peach contain potassium, which play an important role in nerve signaling and cell proper functions, and metabolic process. The less amount of potassium in body may lead to hypokalemia which can cause irregular heartbeat.

Aid in digestion

The alkaline content and fiber used in digestion of food. The fibers in peach help in stomach disorder and water absorbs. It also help in maintain health through removal of waste from body.

Peach fruit for skin

Peaches are helpful in maintaining our skin through the abundant presences of vitamins in them. Which fight against diseases and infections to protect skin. Peaches give positive effect on skin, and protect from ultraviolet rays. The flavonoids, vitamins, minerals in peach help from ultraviolet radiation and it protect from hyper proliferation of cells. Peach play an important role in skin health due to antioxidant activity. Peaches help in remove dark circles on skin. Antioxidant in peach help in recovery of skin exposures.

Removal of dead cells

Peach play an important role in fight against skin diseases it contain vitamin C. Peach scrub is also useful for skin by applying it on the skin dead cells are removed.

Anti-aging activities

Peach contain vitamin C, which helps in aging process thus reduce wrinkles, acne, spots, dark circles, it also help in refreshness from pores and black heads. In peaches zinc is vital role in anti-aging. Zinc rich fruit is a peach which help antibodies to inhibit cellular damage caused by free radicals.

Great moisturizer

Peach is a good moisturizer due to vitamin A and C content its helps dry skin to become fresh. By applying peach paste and yogurt and let it for some time will reduces dryness of skin and make skin soft.

Conclusions

This review articles throws light on the different useful activity and medicinal uses of peaches. Peach has much importance in the wellness of mankind having medicinal properties in its phytochemicals, biological activity and high nutritive value makes it significant for human being. This review is about the value of peach and its benefits for human being. Peaches are very important fruit which helps us in many ways such as antibiotics, antioxidants and anti-cancer. Eating fresh peach as well as dried are used in different purposes. Peach fresh juice is also very useful for freshness. Peach fruit has no such side effects that's why eating it daily have no any issue. It also helpful in maintaining our skin freshness and fight against wrinkles and dead cells.so thanks to god that he give us such blessings in our life and in this whole world which increase the beauty of nature.

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