



A Review on the Significance of Plum

Syed Rizwan Abbas* and Zahra

Department of biological sciences Karakorum international university Hunza campus.

Abstract

God give us lots of blessing on beautiful earth which are most valuable for human beings. Plum plant is one of the most important natural things which were use as food or as medicinal purpose. Plum are used as different kinds of highly disease such as hypertension diabetes and fever. Plum also important for maintaining health levels of cholesterol degeneration, cancer, diabetes, and obesity, immune system, and blood clotting. Plum is a wonderful juicy fruit which was used for making different types of things like jams, juice, soup, and varieties of dishes' is used as a dry product in different marketing for gain lots of profits especially in USA country. Plum plants are very tasty and nutritious fruit its test was so sweet and sour also it can be eaten cooked or without cooked. Plum is available in summer season in the month of May and July. Various products of plum are easily available in chine's stores and worldwide. Juice of plum was used as a making for different kinds of wine in especially in central England cider like alcoholic. Plum plants have so many varieties are as follow such as a salty cream spicy taste are famous varieties? Plum are useful for human as well as animals it can be preserve for animals in winter season a food. Plum plants are growing in wide varieties of climate regions. America plum tree is reaches as 20 to 40 feet tall in us department of agriculture plant. Plum are used as a diet product. It's also helps full for bones, lower sugar level, give us relive constipation. Plum plants scrub used for freshness of dry skin also, and give us glowing and fresh skin. Plum plants belong to family of rosacea and local name was aloo Bukhara, kingdom Plantae, scientific name was prunes .Researcher has say that plum plants has a total 140 varieties are found during in summer seasons. Various plum are present in east Europe and Caucasian mountains and Asia countries' are also present in major parts of Pakistan like in muree, NWFP Baluchistan. Our country ranks to 17th in number for production of plum in whole world total production was 67,000t GOP,

.mostly plum fruit was consumed at a domestic levels. Plums are rich in vitamin A, vitamin C, and fibers

Key words; Plum, Prunes, Antioxidant, Phenol, Photochemical, Dietary fibers

Introduction

God has gifted us so many natural objects in this vast world. There are so many artificial things are also present but natural things give us lots of benefits like increase the beauty of nature .when we looking around us lots of beautiful things are seem like biggest mountains, sea islands, forest, flowers and water falling places which increase the beauty of our nature (Dennett, 2006). Plants are mostly important for the production of oxygen and shelter. As well as plum plants are one of them which has lots of medicinal and healthy benefits for humans' beings. Plum plants area health food because of lots of nutrients is present like carbohydrates, vitamins; proteins and minerals' also contain medicinal purpose (Stacewicz-Sapuntzakis, Bowen, Hussain, Damayanti-Wood, & Farnsworth, 2001). Plum food are most important for blood circulation and measles and digestive problems and treatment of cancer, diabetes, and, or obesity .plums plants are contain potassium which are most beneficial for cardiovascular problems .plum plants increase the ability of gastrointestinal facts and need as a laxative work .plums full fill 100 g of boron in daily bases. Plums cannot quickly increase blood glucose level, for that condition benefits for diabetes. Daily used of amygdalin fruit have fights against anticancer problems (Farrell, 1998) now a day's study has discovery that plums are used to treat cancer problems which are related to polyphone consist of antioxidant action. Plum plant has tap root system .the stem of plum tree is very hard and it is 12 meter in height and separate through 10 meters. Plum fruit was a single cover seed. Sub genes of plum is obtain from another subgenera of peaches cherries. The word plum come from an old English plume or plum that established from Germanic words and very old Greek (proummon). Plum are also used for making different kinds of objects like furniture, shelters and household appliances. Plum leaves are used for increase brain power, control digestive system, promote metabolism, great source of magnesium. Plum plants are also important for skin give us free skin, make our skin soft and shining, prevent from dull skin problems (Kumar et al., 2012).

History

Plum is a most wonderful juicy fruit which belong to family of rosaceous. Local name of plum are aloobukhara. english name is plum and scientific name is prunes. Researcher has tell us that plums are recognized from origin of china, 470 BC. studies show that European plum are establish approximately two thousand years in the past, old studies show that there are 300 varieties of Europe plum are present. Studies show that European plums are came in the old times of 17 century .japans plum are exited came from china not from japans. Plum plants are established to japans in 200-400 years in the past (Allen & Richards, 1999). Plum plants are one of most important domestics 'parts. Plum plants are originated in the old age by means of olives and fig plant. But now days plum plants can be grow all over the world in any climate countries

of the world. plum fruits are very average in sizes among the 1 to 3 inches in distance, shape are oval and globes, dried plums are now as prunes. Plum fruit is very tasty and nutritious food. Plum trees are grow in all over the like in usa, china, Italy, tukky, spain, Serbia, and Serbia, and romain. Plum plants are the similar relatives of cherries and peaches .and plum plants are varying in colors like red, bluish black green and yellow. The most common name of aloobukhara come from the Sanskrit. All plum plants is very useful for us (Marks, 2008).

Description

Plum plant has a one of most beautiful gift for us. Its increase the beauty of nature as well as provide most of benefits. Plum has it on botanical name which is (prunes) English name was (plum) local name of plum is aloobukhara (Fatima et al., 2018). Studies have been show that plum plant has more than 100 species is observe and it can be mostly grow in summer seasons. Leaves of plum plant are egg-shaped and very small in size. Flower of plum plants are white in color and have a very long pedicle. Plum fruits are very different in color like red, green, yellow, and brown, black. When plant can be hold a flower then after long time of period its can give us a fresh juicy fruit in good conditions. We make different kinds of juices and dishes at very simple way in every where it can be used for making different kinds of products and cream.

Phytochemicals

Plum plants is such a wonderful which has a phytonutrients and photochemical which are more beneficial for life purpose. There are some important phytochemicals and phytonutrients present in plum which are more important role playing in different way of life are those like calcium, magnesium, subpar, iron zinc and boron. Plum also consist of many other main substances likewise pectin, cellulose, hemicelluloses, and pectin. Plum dry process build up the dietary fibers. There is some simple sugar present in plum plant like glucose, fructose, and sucrose. In plum plants malic acid is one of the most important in it. Plum plants flavor are depend on its sourness not on sweetness. Some important basic components are separate from plum like Benz aldehyde linalool, ethyl nominate, methyl cinematic and γ -decalacton are present in it plum is also used as a dry process raise the antitoxic action because of enzyme activity are not present in plum plants polyphenols present in antioxidant activity.

Antioxidant activity

Plum plants contain higher and more capability as compare to other fruits of plant like dates, figs and raisins. Plum juice stops separate antioxidant activity of person LDL. There are two main lignin glycosides are present in plum plant which are responsible for absorption of oxygen. There are some highly profile antioxidant presents in plum plant likewise Caffeoylquinic acids lignin flavonoids protocatechuic acids which are help in antioxidant movement.

Anticancer activity

Plum juice can help in stop increase and promote apoptosis changes. In a human colon carcinoma cells there is a Protocatechuic acid which are present in plum plants which find out to prevent epithelial cells in dissimilar tissue. Plum plants are also involved in antioxidant activity method. Plum plants are also taking part in metabolic action of carcinogen and quickly block the activity of carcinogen essay with DNA molecules which are also involved in mutation process and transport neoplastic which may well also involve anticancer activities.

Medicinal Uses of Plum

Plum plants gives us lots of benefits in different way of life. Like they give us lots of health benefits which include indigestion, influenza, infection and anxiety-problems they also help in osteoporosis, macular, degeneration, cancer, diabetes and obesity.it can be also helpful for level of cholesterol, cardiovascular, health levels, immune system. Plum juice is also helpful for give us fresh skin.

Obesity

Obesity is a one of main diseases in a mam and women. Plum plants was great medicinal used for control Obesity. Research has shown that use of plum products control the metabolic compounds.

Diabetes

Plum products are also used in control diabetes. Anti-hyperglycemic helps and control the diabetes. There are some main compounds which control the blood glucose and levels of triglyceride in the body. Flavonoids is also main component which fights against insulin and slowly down the activity of insulin activity.

Osteoporosis

Osteoporosis is also main disease in a man and woman. Which effect on bone activity .daily use of plum product maintaining the bones. FL avoids and caffeic both are present in plum plant which help us fight against bones disease like osteoporosis. Polyphenol and potassium present in plum plant which give us benefits to bone formation. As we know that plum plants have so many health benefits. There are so many vitamins in it like plum have vitamin c that obtain an antioxidant and good source of energy as well as simple sugar and quickly increase blood sugar level. there are dried plum plants present which fight against different nausea, acid dyspepsia, and low thirst .when plum juice can be used it can be quickly decrease hypertension or hepatitis.

Constipation

There are some important compounds present in plum plant that are di hydroxyl phenyl stain, pectin, which makes plum are more value able laxative. There is also another compound present in plum plant are more value able and benefit for intestinal walls. Studies are shown that due to low level of plums plants products increase in constipation. It can be also more value able for weight loss, supporting in fresh of skin.

Skin treatment

Plum plants products can be also more beneficial for skin problems. Like for the freshness of skin. It can give us fresh and glowing skin. Plum can be reduced dullness for skin. The plum plants is a more sweet and juice food. There are less calories consist of not fats and rich in vitamins. When we used plum in daily it increase vision and muscular degeneration. Plums are good source of iron contain compound.

Traditional uses

Plum fruits are mainly used in making dishes, wine, and plum jam. There are some compounds which are good source of metabolism for example niacin, vitamin b, fat, protein, and carbohydrate. A new study shown that plums are helpful for bone mass treatment and osteoporosis. Uses of plum obtain and builds up iron and beneficial for blood circulation in whole body. Plum plants contains fruits which consists of carbohydrates and are lower in level. Plums plants consists of many minerals and great for potassium. Plum can be rich in antioxidant which safeguard our body from free cell-destroy. Plum products are more beneficial for bone health and rise up bone thickness.

Plum fruits part are used for making different kinds of beauty products which are no any side effects. Its increase freshness and beauty of skin.it can glow our skin from dullness and dryness for harmful chemicals which decrease our original fresh skin.

Conclusion

God give us so many things on this beautiful earth which are so beneficial for everyone in the universal. One of most beneficial natural things are plants and animals which have lots of benefits for us in every way of life. Animals and plants are most diverse natural products in this world. Plum plants is one of them which has lots of benefits for us in every way of our life which full fill our requimnents. Plum plants are used for different kinds of diseases like bone formation, osteoporosis, muscular degeneration, constipation, skin freshness, glowing, dullness, increase vision, eyesight for growth of hair, low fat level, fight against cancer problems .Plum plants are sweet and juice fruit which contain lots of chemicals like antioxidants and compounds, minerals vitamins, proteins, carbohydrates. Plum plants can be rich in iron contain compounds. Plums

products can be used in treating skin problems like for treat of dullness and dryness of skin. Plum plants can be used for growth of hair and its give us shin and long lasting hair. We make different kinds of dishes from plum fruits for example jam, juices. When we used plum juice regularly it can be quickly reduced fat level. Plums are natural products which can be no any side effects on our health it can give fresh and glowing skin. New studies shown that plum can be used for treat bones disease and osteoporosis. Daily used of plum products can be reduced bones problems.it can be also used for obesity.it is a disease in man and women's plum can be quickly reduced obesity. There are so many nutrition value of plums plants which are good source of energy and beneficial for daily used. Plum products can be used for treat hypertension and constipation. Products of plum is also valuable for problems like blood circulation, measles, and prevent digestion system.

References

- Allen, R., & Richards, D. S. (1999). *The Cambridge history of ancient China: From the origins of civilization to 221 BC*: Cambridge University Press.
- Dennett, D. C. (2006). *Breaking the spell: Religion as a natural phenomenon* (Vol. 14): Penguin.
- Farrell, B. D. (1998). " Inordinate fondness" explained: Why are there so many beetles? *Science*, 281(5376), 555-559.
- Fatima, A., Zafar, M., Ahmad, M., Yaseen, G., Sultana, S., Gulfraz, M., & Khan, A. M. (2018). Scanning electron microscopy as a tool for authentication of oil yielding seed. *Microscopy research and technique*, 81(6), 624-629.
- Kumar, K. S., Bhowmik, D., Dutta, A., Yadav, A. P., Paswan, S., Srivastava, S., & Deb, L. (2012). Recent trends in potential traditional Indian herbs *Emblica officinalis* and its medicinal importance. *Journal of Pharmacognosy and Phytochemistry*, 1(1), 18-28.
- Marks, G. (2008). *Olive trees and honey: A treasury of vegetarian recipes from Jewish communities around the world*: Houghton Mifflin Harcourt.
- Stacewicz-Sapuntzakis, M., Bowen, P. E., Hussain, E. A., Damayanti-Wood, B. I., & Farnsworth, N. R. (2001). Chemical composition and potential health effects of prunes: a functional food? *Critical reviews in food science and nutrition*, 41(4), 251-286.