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An Exploration of Pumpkin's Potential: A Boon to Relieve Post COVID Syndrome

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ABSTRACT

The coronavirus disease 19 (COVID-19), which is caused by severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), is primarily a respiratory disorder. This Covid 19 has affected the sources of supply and the global economy. Several factors are linked with a higher risk of mortality from coronavirus disease 19 that includes as hypertension, diabetes, obesity, cardiovascular diseases, low immunity, chronic obstructive pulmonary disease, and cancer. *Cucurbita maxima*, family Cucurbitaceae has proved as a boon for mankind as it's having so many innovative food, nutraceuticals, and pharmaceutical properties. Pumpkin is multi-use ingredient in diet and health related field. It's full of medicinal properties. It can be a better substituent for so many allopathic remedies, as it is found to have antioxidant, antidiabetic, anti-inflammatory, anticancer, antifungal, antihelmenthic, antimicrobial, antimalarial, antiulcer, urinary bladder disorder, and analgesic activity. Pumpkins are a rich sources of several phytochemicals like triterpenoids, flavonoids, steroids, coumarins, cucurbitans, carotenoids, anthrocyanin, polyphenol, polysaccharides, glycosides, and tocopherols, MUFA, PUFA phenolic acids, amino acids, fatty acids, and sterols. Pumpkins also have the good amount of minerals as magnesium, manganese, zinc and phosphorus, vitamins contents of pumpkin as it has good amount of B, C, D, E, and vitamin K. In this review we are trying to figure out the outcome disease of post covid 19 and as pumpkin is rich a source of medicinal and nutritional properties so that it can help in the treatment of hypertension, diabetes, obesity, cardiovascular diseases, low immunity, chronic obstructive pulmonary disease, cancer, and future research for developing the new natural remedies to reduce the disease risk caused by allopathic remedies and to help fight against Covid 19.

Keywords: Pumpkin, Covid 19, diabetes, nutraceuticals

