

Antioxidant property of banana — A review

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ABSTRACT : *Musa paradisiaca* L. (Musaceae) has been used in many cultures for prevention and treatment of a wide number of health disorders such as inflammation, diabetes, diarrhea, dental plaque etc. Banana popularity is on the rise due to its high nutraceuticals and pharmaceutical value. Banana is unique because each of its parts—fruit, pulp, peel, seed, leaves, flowers and the bark—are utilizable. India is the second largest producer of fruit in the world. Banana (*Musa acuminata*) is the second most important fruit crop in India after mango. The antioxidant activity of the banana peel extract, against lipid autoxidation, was stronger than that of the banana pulp extract. Bananas should be considered as a good source of natural antioxidants for foods. Bananas contain a fair amount of fiber, as well as several antioxidants. One medium-sized banana contains various antioxidants viz. potassium, Vitamin B-6, Vitamin C, Magnesium, copper, manganese, fibre, protein and fat. They contain several other potent antioxidants, including dopamine and catechins. Hence antioxidants have been linked to many health benefits, such as a reduced risk of heart disease and degenerative diseases.

Key Words : Banana (*Musa paradisiaca*), production, nutritional and medicinal value, antioxidant activity.