

# Lotus Root Health Benefits and Nutrition Facts

**P**arasites such as *fasciolopsis buski* may be present in the lotus root. Hence, make sure that the edible root is well-cooked before consumption, so as to prevent any sort of parasitic infections like fasciolopsiasis.

Derived from the lotus plant, its edible root is revered for its high nutritional content. It is a staple in Asian cooking, and typically included salads to make the meal crunchy and flavorful. Its sweet-tangy flavor, and crunchy, starchy texture has actually made the lotus root extremely popular all over Asia. In truth boiled, sliced lotus roots are found in a variety of Asian cuisines.



The interior of the root shows a distinct hole pattern that spans its length. So, the slices of the root show a great deal of holes, which is in fact visually appealing. The lotus root is often sliced before using. The following are some important health benefits and nutritional facts of the lotus root.

Nutrients Boiled Lotus Root (100 g). DV. Dietary Fiber g. Vitamin C. mg.

- Niacin mg.
- Folate mcg.
- Calcium mg.
- Magnesium mg.
- Potassium mg.
- Zinc mg.
- Manganese mg.

## Selenium Mcg.

Health Benefits of Lotus Root.

- Individuals regularly eating lotus are not likely to suffer from high blood pressure, as the edible root is found to be high in potassium.
- Potassium, known for its vasodilating effect, plays a crucial role in lowering blood pressure.
- Boost in the potassium level blunts the blood pressure-raising effect of salt, which works to keep it under control.
- The lotus root includes immune-boosting vitamin C in astoundingly high amounts.
- Just 100 g of boiled lotus root provides a whopping 46% day-to-day suggested consumption of vitamin C.
- So add this root to your diet plan to give your body immune system even more support.

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**Abdominal Bloating** One of the most common grievances that the majority of clients present with is stomach bloating. It can be rather a discomforting and unpleasant condition to deal with, and occurs when there is any deviation from digestive health. In addition,...

High vitamin C content also suggests that this root can be helpful to eliminate respiratory infections such as common cold, pneumonia, and bronchitis. This is because, vitamin C is quite with the ability of liquefying the thick mucus associated with these infections, and facilitate its drainage.

Healthy bowel system is a distinct possibility if your diet plan does not include sufficient dietary fiber. People suffering from **constipation** can get their bowel system back on track by regularly eating fiber-rich foods, like lotus root. With 100 g of boiled lotus root consisting of 12% daily suggested intake of dietary fiber, its addition in one's diet can definitely assist in improving bowel health. As the bowel system is a part of the digestive system, proper bowel functioning can also help enhancing digestive health. A blend containing a juice of grated ginger and lotus root is said to be the traditional remedy for digestive tract swelling (enteritis).

- Nevertheless, individuals with **irritable bowel syndrome** or gastric ulcers should not consume this frequently.
- This is because, it is high in insoluble fiber, which can aggravate the **IBS** signs.
- Hence, you have to reduce the intake of lotus root to keep IBS under control.

## Heart-Friendly.

The lotus root is an excellent source of folate and vitamin B6, that can assist in reducing homocysteine levels in the blood stream. Homocysteine is an amino acid, a byproduct of protein metabolism. Too much of it has been associated with increased risk of blood clots, heart attack, and stroke. With its high vitamin B content, this root can certainly help lower homocysteine levels, in turn protecting the heart from damage. Therefore, regular consumption can play a protective role versus cardiovascular ailments.

Poor blood circulation can cause a wide range of health issues, which may eventually become deadly. The arms and legs becoming weak or numb is one of the most common symptoms poor blood circulation. Lotus root is a good source of iron; hence, its consumption on a regular basis can certainly help increase blood circulation, and even prevent blood disorders such as anemia.

## Stops Bleeding.

Lotus root is said to act as a natural hemostatic representative, which may help stop internal bleeding connected with intestinal and urinary tract issues such as piles, rectal bleeding, and haematuria. Black bowel movement is a sign of internal bleeding. Even nose and gum bleeding can be treated with this root. Having a glass of juice obtained from the lotus root can help stop bleeding. Fresh lotus root water or soup can also be used for the same purpose.

## Usage.

Although it is typically prepared and added in a sliced kind, the juice extracted from this root is also used for medical reasons. The tea made from the juice of this root and ginger is said to have higher medicinal value, and frequently used to deal with fever and breathing problems like cough. In China, lotus root powder combined with sweet osmanthus is commonly offered as a ready-to-severe beverage, and is considered to be very good for health.

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