

Jaggery also known as *Gur* in Hindi is a substitute of white sugar and is very healthy food. Jaggery is a wonderful sweetness that not only tastes delicious but also purifies the blood. It acts as a cleansing agent for our blood and purifies it. You simply have to add it to your diet and have its benefits. Lets see amazing health benefits of Jaggery.

What is Jaggery?

Jaggery Meaning: A coarse dark brown sugar made in India by evaporation of the sap of palm trees. White sugar only adds empty calories to our body while jaggery provides us various advantages. Jaggery contains about 98% carbohydrates and about 97% sugar content. 10 grams jaggery provides 38 calories. It is Indian sweetener manufactured from sugarcane.

Prevents from Constipation

It is advisable to take few grams of jaggery after eating the heavy meal, as it facilitates digestion. It activates the digestive enzymes and itself changes to acetic acid in the stomach, thereby speeding up digestion process

Energy Food

Jaggery is a more complex form of carbohydrate than plain sugar. When we eat it, it is digested and absorbed gradually and releases energy over an extended period of time.

Good for Digestion

As it has natural cleansing properties. It also helps get rid of digestion problems. If you eat a piece of jaggery every day with water or milk, your body will be free from all toxins.

Immunity Builder

It is loaded with antioxidants and minerals like zinc and selenium, which help prevent free-radical damage and also boost resistance against infections.

Cools Your Stomach

Having a medium sized piece of jaggery with water every day is wonderful for your body and stomach. Especially during summers, it cools down your stomach and whole body temperature.

Reduces PMS

Eat a small piece of jaggery daily to combat the symptoms of PMS which is caused due to fluctuating levels of hormones in your body, it causes the release of endorphins aka happy hormones.

Source of Iron

It is the main source of iron. So it is very beneficial for patients with anemia. The intake is very important, especially for women.

Help in Skin Problem

It removes bad toxins from the blood and skin become fabulous and there is no problem of acne.

Controls Body Temperature

It controls the temperature of the body. It has anti-allergic ingredients so it is quite beneficial for asthma patients.

Joint Pain Relief

Take a piece of ginger with it. It will not have a problem of arthritis in the winter.

Ear Pain

Ear pain can be removed by eating jaggery-ghee mixing.

Increases Vision Power

Mixing it in millet porridge and eat. Your vision increases.

Steady Run