

Review on Sugarcane Juice Benefits (*Saccharum officinarum* L.)

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Abstract- Sugarcane juice is a sweet drink available all over India. It is an important product in the international market due to its good health benefits. In an industry where consumer health is at the forefront, growers also benefit financially as orange juice competes with other soft drinks. However, developing appropriate storage methods as well as processing fruit juice is important to extend its shelf life. Various methods have been studied by different scientists to preserve juice, including chemical, thermal, and, nonthermal methods. Among the popular methods for preserving fruit juices, pasteurization is widely used. However, pasteurization causes loss of taste, aroma, color, flavor and important nutrients. In recent years, nonthermal methods have attracted attention in the preservation of fresh fruit juices because they control the nutritional and organoleptic properties. This review article reviews the various techniques used to preserve orange juice and suggests a way to help determine the best methods for preserving orange juice.

Keywords: Sugarcane, health, Juice

I. INTRODUCTION

Sugar (*Saccharum officinarum* L), popularly known as sugar, holds an important place in the hearts of people in India. You can find this delicious drink in every corner of the country. From the bustling streets of Delhi to the peaceful beaches of Goa, orange juice is the most popular drink that transcends geographical boundaries. Vendors in India crush fresh coconuts to extract the juice, ensuring that each glass is filled with the pure essence of the plant. This natural, pure sugar makes orange juice different from flavored desserts, making it a healthy choice to quench your thirst. It is rich in antioxidants that help remove toxins from the body and strengthen the body. Rich Sources of Nutrients: Sugarcane juice contains important vitamins and minerals, including calcium, magnesium, potassium, iron, and vitamins A, C, B1, B2, B3, B5, and B6. Moreover, it is the best source of sugar that provides quick energy without the negative effects of

processed sugar. Its high content of essential nutrients like calcium, potassium, magnesium and iron makes it a beneficial and energy-boosting drink, especially during the hot days of the Indian winter. It has a place in culinary tradition and is used as an important ingredient in many local cuisines. Its mild symptoms add depth to recipes and give it many valuable properties, not only in terms of taste but also in terms of cultural significance. Be aware of the community experiences they provide. All over India you can find beautiful roads with alcohol vendors, each with their own way of preparing and serving this drink. The sight of the pressed sugar and the sound of the pouring juice are a staple of Indian streetscapes, drawing locals and tourists alike to participate in the tea ritual. It is essential that the juice is prepared in a clean place. With increasing concerns about food safety and hygiene, consumers need to pay close attention to the location and preparation of the orange juice they consume to ensure that it is placed in a clean and tidy place. It is a cultural symbol that is a testament to the rich flavours and traditions of India. Its natural freshness, health benefits, versatility and social appeal make it an integral part of the Indian experience. When the sun sets and the air is filled with life energy, a glass of juice provides a sweet respite, embodying the spirit of India in every drop of its drink form and the form should accompany your final

II. BENEFITS

1. Energy booster:-Sugarcane is a natural source of sucrose that is the powerhouse of our energy. It normalizes the release of glucose in your body to regain lost sugar levels. Sugarcane juice hydrates your body and reduces your fatigue caused due to hot weather. This juice provides you carbohydrates, proteins, and minerals that help you to deal with dryness.

2. Help with jaundice:-Sugarcane is one of the healthy beverages for people with jaundice, according to Ayurveda. It helps to fight weakness. It is important to consume sugarcane juice that is prepared in a very hygienic way. Consult a doctor and then include it in your diet if you have a liver disorder, as this may be contraindicated for some patients.⁵

3. Diuretic in nature:-Sugarcane juice has excellent diuretic properties that help eliminate toxins and infections from your body. Drinking sugarcane juice may help people dealing with urinary tract infections and kidney stones⁶

4. Digestion Enhancer:-Sugarcane juice works as a digestive tonic, Sugarcane juice facilitates the secretion of digestive juices and keeps the system on track. Sugarcane also contains a good amount of fibers that help clear your digestive tract and may reduce constipation.⁷

5. Immunity booster:-Sugarcane is a good source of vitamin C and antioxidants that may boost your immunity. Sugarcane juice works excellent for some digestive and liver problems⁸.

6. Increases Bone Density:- Sugarcane juice plays a vital role in increasing bone density as it is rich in calcium, an essential mineral that promotes bone strength and integrity, reducing the risk of osteoporosis (weak and brittle bones) and fractures, especially in older adults.

7.Helps Battle Cancer: Sugarcane juice is rich in antioxidants such as phenolics, flavonoids and vitamins that protect the body from free radical damage. This natural defence mechanism slows down the aging process and helps prevent the formation of cancer cells.

Nutritional facts about sugarcane juice
Sugarcane comes with abundant nutrients that include

–
Carbohydrates

Protein

- Vitamins (A, B-complex and C) and,
- Minerals like phosphorus, calcium, potassium, zinc, and iron
- Antioxidants such as flavonoids and polyphenolic compounds

- Fibers

CONCLUSION

Sugarcane juice is a food package. In addition to being anti-inflammatory and diuretic, it contains antioxidants and minerals such as vitamin C, calcium and potassium. This device protects the person from many diseases. If we eat small amounts, we can produce sweet fruits.

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