



ISSN: 2395-7476

IJHS 2022; 8(3): 39-40

© 2022 IJHS

www.homesciencejournal.com

Received: 23-06-2022

Accepted: 26-07-2022

Shivani Chitransh

Research Scholar, Department of Home Science, Barkatullah University, Bhopal, Madhya Pradesh, India

Dr. Rekha Shrivastava

Professor and Head, Department of Home Science, Govt. Girls Nodal P.G. College, Vidisha, Bhopal, Madhya Pradesh, India

Nutritional and protective benefits of pumpkin seeds for women in age of menopause

Shivani Chitransh and Dr. Rekha Shrivastava

Abstract

Pumpkin seeds have almost always been discarded as waste in spite of having a great nutritive value. A little seed is such a big power house of nutrition and its healthy to incorporate them in diet especially for women who are at the stage of menopause. These seeds are highly nourishing and have been given the tag of a superfood for women. Seeds are great source of protein, fiber and contain healthy monounsaturated, polyunsaturated fats and many important vitamins, minerals and antioxidants. Its also a good source of phytoestrogen because during menopause levels of estrogen and progesterone decreases which increases your risk of heart disease, obesity, diabetes and so on. Pumpkin seeds have been linked to slightest increase in estrogen, improved hormone metabolism, fewer hot flashes, reduced vaginal dryness and overall quality of life in menopausal and post menopausal women. Most of the women are unaware about the benefits of pumpkin seeds. So the purpose of this review is on the health and nutritional benefits of pumpkin seeds incorporating in various foods which can be considered as a good alternative to be consumed as food having rich source of various nutrients.

Keywords: Pumpkin seeds, menopausal women

Introduction

Women health at different age groups is an important issue to reach the efficiency of the women to perform all their duties according to their responsibility to increase their productive capacity and one of these health problems affecting females is the menopause which is the time of cessation of their menstrual regularity. At the time of menopause women experience different menopausal symptoms during the menopausal period. These symptoms can influence their personal satisfaction and well being. Women reach menopause when they stop menstruating, which typically happens when they are 45-55 years old and during this transition the ovaries make less of the reproductive hormones estrogen and progesterone a reduction that can trigger symptoms like hot flashes, vaginal dryness, insomnia, mood swings and urinary tract infections (UTIs). At menopause many women experience weight gain, particularly around abdomen which is linked to the hormonal changes in the pre-menopause. As the age their muscles decreases in bulk and metabolism slows down. These changes may affect a woman's body image and self-esteem and increase her risk of depression and sexual difficulties around the time of menopause. Body fat stored within the abdominal wall and around the internal organs (visceral fat) which is a risk factor for the development of heart disease.

Among other things, menopause is associated with a increased osteoporosis, sexual dysfunction. When they have reached menopause women are more likely to develop metabolic syndrome a combination of conditions that includes high blood pressure, elevated levels of cholesterol or other lipid in the blood no matter what age they go through this transition.

Benefits of pumpkin seeds

Pumpkin seeds are edible seeds that come from pumpkin, a fruit from the *Cucurbitaceae* family or a kind of squash. It is known as 'pepita'. Pumpkin seeds are good source of magnesium, calcium which is important for bone formation and decrease risk of osteoporosis in women after menopause. They are rich in vitamin and minerals like manganese and vitamin-K and also contain zinc effectively which helps women to burn fat after menopause. High fiber include helping maintain a moderate weight because it feels full for longer after

Corresponding Author:

Shivani Chitransh

Research Scholar, Department of Home Science, Barkatullah University, Bhopal, Madhya Pradesh, India

eating. Women taking pumpkin seeds had an increase in their HD levels which is the good cholesterol. Apart from that women suffer from 'insomnia' at the time of menopause and pumpkin seeds has essential amino acids called tryptophan which is beneficial in treating sleeping disorders. Pumpkin seeds are also have been associated with other benefits. Vitamin-E in pumpkin seeds strengthen the immune system and maintain healthy blood vessels. Magnesium in pumpkin seeds also helps to lower blood pressure, bad cholesterol and triglycerides which reduces the risk of heart disease and protect heart. Consuming pumpkin seeds in good amount reduces the risk of gastric and breast cancers and this is due to the presence of powerful antioxidant in seeds. Carotenoids in pumpkin seeds also prevent prostate cancer. Pumpkin seeds also helps to lower blood sugar levels which is beneficial for people with diabetes. They are also good for pregnancy which contain good amount of zinc and zinc boosts immunity and helps in healthy growth of baby.

Nutritional Composition of Pumpkin seeds

Pumpkin seeds are known as nutritional powerhouse, as these seeds are excellent nutrient source filled with minerals mainly phosphorus, zinc, magnesium and selenium. Vitamins like vitamin B1, B2, B3, B5, B6, B9, vitamin-C, E and K are present in pumpkin seeds in different quantities. These seeds are typically flat, small and oval shaped which can be consumed without the white outer shell. They are olive-green color, sweet, buttery in texture and nutty in flavor which can be enjoyed as snack, added in desserts and in dishes. They were generally regarded as a waste but now they can play important role in food by nutritional aspects.

The American Heart Association recommends having a quarter cup (30 grams) of pumpkin seeds every day as a part of a healthy diet.

Table 1: Nutritional characteristics and composition of pumpkin seed. (Nutritional value per 100 gm)

Principle	Nutrient Value	Percentage of RDA
Energy	559 Kcal	28%
Carbohydrate	10.71 gm	8%
Protein	30.23 gm	54%
Total fat	49.05 gm	164%
Dietary fiber	6 gm	16%
Calcium	46 mg	4.5%
Iron	8.82 mg	110%
Magnesium	592 mg	148%
Phosphorus	1233 mg	176%
Zinc	7.81 mg	71 %
Manganese	4.54 mg	198%
Selenium	9.4	17%

Source: (USDA National Nutrient data base)

Table 2: Incorporating pumpkin seeds in various recipes for Women

Serial No.	Incorporating seeds in recipes	Portion size of 1 Serving
1.	Sprinkle pumpkin seeds salad	1 tbs
2.	Roasted pumpkin seeds	1 ounce(2tbs)
3.	Sprinkle over garnish soup	1 tbs
4.	Sprinkle on oatmeal	1 tbs
5.	Sprinkle over dishes	1 tbs
6.	Mix in smoothies	1 tbs

Pumpkin seeds are very versatile not to mention vegetarian and vegan. They have more fibre and unsaturated fats so it would help if you consumed the raw and unsalted variety for maximum health benefits. However when roasted and salted they become less nutritious. Yet they are still healthy because

the roasted and salted variety is tastier and can consume them. But there are many ways to add pumpkin seeds to your meal plan.

Sprinkle them into salads or batters. They can be put in smoothies, yoghurt and oat meal. Pumpkin seeds can also be added in garnish soups, dishes and can be eaten everyday but make sure to eat them in moderation as over consumption may lead to gaseous distension, bloating and constipation.

Conclusion

The pumpkin seeds play significant role in providing micronutrients and can be beneficial for women in age of menopause as they experience various menopausal symptoms. Women can also be obese after menopause and higher risk of obesity in women may pose serious health condition like heart disease, diabetes, osteoarthritis and gall bladder disease. So, the incorporation of the seeds are valuable to add in daily diet to mimic the action of these disease. Nutrients present in pumpkin seeds helps women as they are great source of fibre, protein and healthy fats which helps in making a great snack on their own and they are easy to add to many meals and recipes.

References

- Devi NM, Prasad RV, Sagarika N. A review on health benefits and nutritional composition of pumpkin seeds. *International Journal of Chemical Studies*. 2018;6(3):1154-1157
- Mandal M, Mishra S. Nutritional value of products and its enrichment using super seeds (pumpkin seeds, chia seeds, sunflower seeds and almond) in application of ready to eat upma. *Food Science and Technology*. 2020;21:1
- Syed QA, Akram M, Shukat R. Nutritional and Therapeutic Importance of the pumpkin seeds. *Biomedical*. 2019;21(2):2574-1241
- Dotto JM, Chacha JS. The Potential of Pumpkin seeds as a functional food ingredient: A review, Elsevier, 2020, 10.
- Khokhar KK, Kaur G, Sidhu S. Prevalence of Obesity in Working Premenopausal and Postmenopausal Women of Jalandhar, *J Hum Ecol*. 2010;29(1):57-62
- Atapattu PM. Obesity at Menopause: An Expanding Problem, *Journal of Patient Care*. 2015;1:1
- Kozakowski J, Czemel MG, Leszczynska D, Majos A. Obesity in Menopause -Our Negligence or an Unfortunate inevitability?, *Menopause Rev*. 2017;16(2):61-65
- Karunakaran CG, Urooj A. Obesity status and lifestyle pattern of pre and post menopausal urban-employed women of Mysore City, *Advances in Obesity, Weight Management and Control*, 2017;6(2):47-57.