CHEMISTRY OF BITTER GOURD

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Abstract

Bitter Melon also referred to as Bitter Gourd is scientifically named “Momordica Charantia”. The chemical composition and antioxidant activity of water extract of leaf, stem and fruit fraction of the Bitter Melon was studied and the analysis indicated the presence of phenolic compounds and essential oils. The predominant phenolic compounds are garlic acid followed by caffeic acid and catechin. Cucurbitane type triterpenoids, the characteristic constituents of “Momordica Charantia” may provide a class of therapeutic for diabetes and obesity. Bitter Melon also contains vitamin (A,K&C), thiamine and elemental compounds like iron, iodine sodium, Mg and calcium.