



## Lemon grass: Its beneficial effect

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Lemongrass is a fragrant herb mainly used in culinary and also in medicinal applications. It offers numerous health benefits to human. It is known for its fresh, citrusy flavor, which is widely used in teas, soups, and also as essential oils. Here are some of the important beneficial effects of lemongrass:

### Improves Digestion

It Improves digestion, it helps to promote healthy digestion. It can relieve bloating, constipation, indigestion, and stomach cramps. Lemongrass tea is often used as a natural remedy for digestive discomfort and to ease bowel movements or constipation.

### Useful in Weight Loss

Lemongrass improve metabolism, which can help in fat burning and weight loss. It acts as a natural diuretic, which aid in the removal of excess water and toxins from the body, making it an excellent addition to detox diets.

### Antioxidants property

It is rich in Antioxidants, which help to neutralize harmful free radicals in the body. This can reduce oxidative stress and inflammation, protecting cells from damage and promoting overall health.

### Lowers Blood Pressure

It helps in maintaining healthy blood pressure . The potassium in lemongrass increases urine production, which helps flush out excess sodium and fluids from the body, which leads to lowering blood pressure and improving heart health.

### Boosts Immunity

Lemongrass contains vitamin C and other immune-boosting properties that help protect the body from infections and diseases. Regular drinking of lemongrass tea may help to fight off colds, flu, and other respiratory issues.

### **Reduces Stress and Anxiety**

It is commonly used for aromatherapy to reduce stress, anxiety, and tension. Its fresh aroma has a calming effect on the mind, and lemongrass tea can help promote relaxation, reduce anxiety, and improve sleep quality.

### **Anti-Inflammatory Properties**

Its anti-inflammatory properties can help to reduce pain and inflammation. It can be beneficial for persons suffering from arthritis, muscle pain, or other inflammatory conditions.

### **Beneficial for Skin and Hair**

It has antibacterial and antifungal properties, which makes it effective in treating skin conditions like acne and infections. It is also used in hair care to control dandruff and improve scalp health.

### **Lowers Cholesterol Levels**

Lemongrass has been shown to lower bad cholesterol (LDL) levels in the blood, which reduce the risk of heart disease. It helps regulate lipid levels and promote heart health by balancing cholesterol in the body.

### **May Help Prevent Cancer**

Several research studies suggest that the citral compound present in lemongrass may help inhibit the growth of cancer cells. While more research is required, it is considered to have potential cancer-fighting properties due to its ability to slow down the progression of certain types of tumors.

### **Common Uses of Lemongrass:**

**Lemongrass Tea:** Lemongrass leaves or stalks may be used for preparing tea, which is very useful for digestion, stress relief, and detoxification.

**Culinary Uses:** It is a key ingredient in many Asian dishes, such as soups and curries, which provide fresh and citrusy flavor.

**Essential Oil:** Lemongrass essential oil is used in aromatherapy to relieve stress, and it can also be applied topically to soothe skin and muscle aches.

Even though lemongrass has many health benefits, it's essential to use it in moderation with following proper guidelines. Overconsumption may lead to adverse effects/harmful effect, particularly for people with certain diseases. It's always a good idea to consult a healthcare professional before adding new herbs or supplements to your routine.