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Review Article

What do you know about durian and its health benefits?

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Abstract

Durian is a famous tropical fruit known as the "Queen of Fruits" in Southeast Asia. It is characterized by its large size, spiky skin, and creamy, sweet pulp, but also by its pungent and extremely strong odor, which is so strong that it is banned in public transportation, hotels, and airports in several countries.

Keywords: Appearance, Odor, Energy Boost, Carbohydrates and Sugars.

Characteristics of Durian Fruit

- **Appearance:** A large fruit covered in sharp thorns, with soft, yellow or white flesh inside.
- **Odor:** Strong and unpleasant, resembling rotten onions or old socks, which is why it is prohibited in enclosed spaces.
- **Taste:** Rich, sweet, and creamy, similar to custard.
- **Distribution:** Widely cultivated in countries such as Malaysia and Indonesia.

Health Benefits of Durian:

1. Energy Boost:

Rich in calories, healthy fats, and carbohydrates. Carbohydrates and natural sugars provide the body with energy. Durian fruit is an excellent source of natural energy for the body. It contains a high percentage of complex carbohydrates, natural sugars, and healthy fats that provide the body with energy and vitality. It is also rich in B vitamins and minerals essential for metabolism.

Energy Sources in Durian

- **Carbohydrates and Sugars:** Provides the body with quick and sustained energy thanks to the natural sugars it contains.
- **Healthy Fats:** Provides the body with high and beneficial calories that increase endurance.

2. Improved Digestion:

Improved digestion is one of the most prominent benefits of durian fruit. It is rich in dietary fiber, which stimulates bowel movements, facilitates the passage of waste, and protects against constipation and gas.

Durian's Effect on Digestion

- **Stimulating Bowel Movement:** Fiber helps increase the movement of the digestive system.
- **Preventing Constipation:** Facilitates regular bowel movements.
- **Reducing Bloating:** Relieves stomach cramps and bothersome gas.

3. Boosting Immunity:

Durian (the "queen of fruits") is an excellent source of vitamin C and powerful antioxidants that fight free radicals and support the function of white blood cells, directly contributing to a stronger immune system.

Immune Benefits of Durian

- **Immune Support:** Its richness in vitamin C strengthens the body's first line of defense.
- **Inflammation Resistance:** It contains antioxidants that protect cells from damage.

4. Heart Health:

Durian helps support heart health by lowering blood pressure and regulating cholesterol levels. This fruit is high in potassium, fiber, and monounsaturated fats, which reduce pressure on blood vessels and arteries, making it beneficial when consumed in moderation as part of a balanced diet.

How Does Durian Support Heart Health?

- **Regulating Blood Pressure:** The abundant potassium helps relax blood vessel walls and reduce pressure within them.
- **Lowering Bad Cholesterol:** The fiber and healthy unsaturated fats help reduce the absorption of bad cholesterol in the blood.
- **Reduces Oxidative Stress:** It contains antioxidants that protect the heart from damage and oxidative stress.

5. Improves Mood:

Durian fruit helps improve mood because it contains the amino acid tryptophan and vitamin B6. These help the body produce serotonin, which reduces stress and promotes feelings of happiness and well-being.

How Durian Improves Mood:

- **Tryptophan:** An amino acid that the body converts into serotonin.
- **Vitamin B6:** Supports nerve function and stimulates the production of serotonin, the "happiness hormone."
- **Reduces Anxiety:** Serotonin helps with relaxation and reduces sadness.

6. Vitamins and Minerals:

Durian fruit is rich in B vitamins and folic acid, as well as the

minerals magnesium, iron, copper, and manganese. These elements provide important health benefits such as supporting immunity, strengthening bones, and improving blood cell production.

- **B Vitamins:** Provide the body with energy and support the nervous system.
- **Folic Acid:** Helps in the formation of red blood cells and protects the fetus.
- **Magnesium, Manganese, and Copper:** Strengthen bones and support nerves and muscles.
- **Iron:** Increases hemoglobin levels and prevents anemia.

Consumption Precautions

Consuming durian fruit carries some important health precautions. It is very high in calories, fat, and potassium, so caution is advised if you consume it in large quantities.

Some of the most prominent health precautions for consuming durian:

- **Weight Gain:** It is high in fat and calories; a few fruits provide the energy equivalent of a full meal.
- **Kidney disease:** It contains a high percentage of potassium, and excessive consumption may dangerously raise blood potassium levels for those with kidney failure.
- **Diabetes:** It contains high levels of simple sugars that quickly raise blood sugar.
- **Digestive Problems:** It may cause bloating, diarrhea, and indigestion in those who consume it excessively or are new to it.
- **Interaction with Alcohol and Coffee:** It is advised to avoid consuming it with alcohol as this may lead to serious heart problems, or with coffee as it can cause digestive issues due to the reaction of sulfur compounds.

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