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Research Trends in Horticulture Sciences

Volume - 23

Chief Editor
Manoj Kumar Ahirwar

Co-Editor
Dr. Archana Mishra



Published by
AkiNik Publications,
#169, C-11, Sector - 3, Rohini,
Delhi-110085, India
Toll Free (India): 18001234070



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PUBLICATIONS

Research Trends *in* *Horticulture Sciences*

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AkiNik Publications®

New Delhi

Published By: AkiNik Publications

AkiNik Publications

169, C-11, Sector - 3,

Rohini, Delhi-110085, India

Toll Free (India) – 18001234070

Phone No.: 9711224068, 9911215212

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Publication Year: 2025

Pages: 126

ISBN: 978-93-6135-174-7

Book DOI: <https://doi.org/10.22271/ed.book.3151>

Price: ₹736/-

Registration Details

➤ **Printing Press License No.: F.1 (A-4) press 2016**

➤ **Trade Mark Registered Under**

- **Class 16 (Regd. No.: 5070429)**
- **Class 35 (Regd. No.: 5070426)**
- **Class 41 (Regd. No.: 5070427)**
- **Class 42 (Regd. No.: 5070428)**

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Chapter - 5

Enhancing Health and Wellness: Exploring the Health Benefits of Mango and Promoting Consumer Awareness

Bharat Lal Meena and Suhail Ahamad Khan

Abstract

Mango, known as the "king of fruits," is widely cultivated in India with varieties like Malihabadi Dusseheri, Banganapalli, and Kesar. Rich in vitamins A, C, E, and K, along with minerals such as calcium, iron, and potassium, mangoes provide health benefits for managing diseases, including those related to metabolism, brain health, skin, heart, and cancer. Mango by-products, including seeds and peels, are valuable in industries like food, pharmaceuticals, nutraceuticals, and cosmetics. Mango leaves, rich in antioxidant phenolic compounds, have shown promise for industrial use in these sectors, supported by economic feasibility studies for large-scale extraction.

Keywords: Mango, production, areas, marketing, health benefits, products, nutrition, etc.

Introduction

Mango (*Mangifera indica* L.) is one of India's most popular tropical and subtropical fruits and is also considered one of the world's most important fruit crops, native to the Indo-Burma region. It is also known as the "King of Fruits", mangoes are sweet, creamy fruits with numerous health benefits and are widely appreciated globally. Mango trees, referred to as Kalpavrikshas in ancient times, have a long domestication history in India, as evidenced by their mention in historical texts. The mango holds a significant place in India's cultural heritage (Yadav D. *et al.*, 2017). Mango trees and their fruit hold significant religious, cultural, and socioeconomic importance in India. The history of Indian agriculture and civilization is closely tied to mangoes, which are mentioned in ancient Sanskrit texts as Aamra, Choot, and Rasaal. Revered as symbols of love, mango trees are believed to fulfill wishes. Fresh mango leaves are used in Hindu traditions, such as hanging them outside homes