

Table 1 Importance of fruits in human life

Fruits	Importance
Apple	Rich in iron, useful in acute and chronic dysentery among children, stomach disorders, headache, heart disease, maintain blood pressure, dry hacking cough, removing kidney stone, mouth cleaning properties and makes the body strong
Banana	Rich in potassium, protein, vitamins, useful in intestinal disorders, dysentery, arthritis and gout patients, anemia, kidney and liver disorders. Paste of ripe banana gives relief of burns and wound.
Lemon	Rich in citric acid and vitamin c. Useful as a good cleansing agent. Destroy toxins in the body. Cure of gum disease, catarrh, constipation, diarrhea, obesity, different hemorrhage, useful for food relaxation.
Mango	Rich in vitamins, minerals. Useful in treatment of night blindness, loss of weight, diabetes, seeds are useful in diarrhea, throat infections, constipation, eye infections.
Tomato	Rich in calcium, phosphorus, vitamins. Useful in skin, diabetic patients, acidosis, eye disease, obesity, liver, diarrhea
Date	Rich in vitamins, minerals. Useful in treatment of sore throat, fever, cystitis, edema, liver and abdominal disorders, plethora, asthma, thirst, hunger loss of body weight, curing of pain, gastric trouble, enlarged liver and spleen.