



## Cranberry –A Natural Way of UTI Remedy

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### Abstract

UTI is very common disease caused by E.coli, gram negative bacteria already present in intestine, Kidney and urinary tract. Alkaline condition favours the multiplication of bacteria. Presence of E.coli creates burning micturition, urgency of urine with trouble. Use of antibiotics and intake of excessive amount of water can cure it but leads some side effects. Various research reveal that colourful berries especially 'Cranberry' is highly efficient to cure E. coli infection. As it contains numerous natural products as 'Antioxidants', which boost our immune system along with anticlinging property thus prevents bacterial adhesion on the wall of urinary tract as well as urinary bladder.

**Keywords** – Antioxidants, anticlinging, proanthocyanidine.

### Introduction :-

Cranberries [1,2] are a group of evergreen shrubs belong to genus 'Vaccinium'. Major species are V. oxycoccus and V. macrocarpum. Oxycoccus species is wide spread throughout temperate hemisphere, North Europe, North Asia and North America. V. macrocarpum differs from oxycoccus in leaves being larger and apple like taste. It is a low creeping shrub 7-8 feet long with hairy stem. Flowers are dark pink. It is a major commercial crop in USA and Canada[3]. Indian cranberry is also known as 'Karonda' in Hindi. It is found in Nepal, Pakistan, Afghanistan and some parts of Africa. Its scientific name is 'Vaccinium corymbosum' or 'V. macrocarpum'. It is also referred as super food consisting of phyto nutrients like flavonoids and polyphenols which boost our immunity to fight against breast, prostate, colon cancer and protect from UTI.

**Materia and Method:-** Deep literature survey was carried out to evaluate the presence of 'Bioactive' constituents and health benefits of cranberries listed below.[4,5,6,7]

### Table

S.No	Bioactive Constituents	Health Benefits
1	Polyphenols- catechin	Inhibits proliferation of cancerous cells like prostate, colon. Also useful in Alzheimer.
2	Pro-Anthocyanidin- A type of flavonoid along with quercetin	It exhibits anticlinging property, prevents adhesion of E.coli and H. pylori, protecting from UTI and stomach ulcer.
3	Ursolic acid and Benzoic Acid	Show Anti inflammatory and Analgesic property thus relieves in burning micturition.
4	Anthocyanins	Lower LDL and increase HDL (320 mg/d) thus lowering cardiovascular risk.
5	Vitamin A, C E and lutein	Boost immunity.

Besides above one glass of juice of cranberry contains 46 calories along with Vitamin B1, B2, B3, Choline, Sodium, Potassium, Calcium and Phosphorous.

**Result and Discussion :-** Cranberry is also referred as 'Super food' loaded with enormous phytonutrients and Antioxidants [8,9,10]. According to 'British journal of nutrition' intake of one glass cranberry juice daily increases HDL 10% and lowers LDL cholesterol. American journal of Obstetrics and Gynecology says,

Cranberry juice prevents E.coli and H. pylori adhesion on urinary tract, bladder and inner lining of stomach. It is also useful in Alzheimer, prostate and colon cancer due to rich antioxidant property.

Conclusion:-Majority of the society heavily depends on modern system of medicine. Use of new generation antibiotics and chemotherapeutics' are reducing our immune system in dreadful manner. Nature has been lost somewhere in our life. Cranberry and other berries can be beneficial to cure bacterial infection and proliferation of tumor cells in natural way, securing us from UTI, stomach ulcer, prostate and colon cancer specially country like India where water scarcity is a huge problem in the summer. As water scarcity in the body is directly responsible for UTI and stone formation.

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