



## Candy Leaf: Stevia

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### *Abstract*

Natural sweetener Candy Leaf, sometimes referred to as Stevia, is made from the *Stevia rebaudiana* plant. The Guarani tribe of South America have been using stevia as a medicine for generations. Stevia has grown in popularity in recent years as a calorie-free sweetener that can manage diabetes and lower the risk of obesity. This article will examine the therapeutic benefits of stevia as well as its other advantages.

### **Introduction:**

The Guarani tribe of South America have been using stevia, a natural sweetener, for generations. It is made from the *Stevia rebaudiana* plant and is 200–300 times sweeter than sugar. It is renowned for its sweetness. As a calorie-free sweetener that can help manage diabetes and lower the risk of obesity, stevia has grown in popularity in recent years. Stevia is a significant herb since it has a number of therapeutic qualities in addition to its sweetening ones.

### **Medicinal Properties of Stevia:**

As a herb for medicine, stevia has been used for ages. Many illnesses, such as diabetes, high blood pressure, and digestive issues have all been treated with it. Stevia contains a number of chemicals, including stevioside, rebaudioside A, and dulcoside A, which give it its therapeutic effects. The anti-inflammatory, antioxidant, and antibacterial effects of these substances have been demonstrated.

### **Stevia and Diabetes:**

The capacity of Stevia to aid in the management of diabetes is one of its most well-known advantages. As stevia has a glycemic index of 0, it does not cause blood sugar levels to rise. This makes it the perfect sweetener for diabetics who must keep an eye on their blood sugar levels. Stevia can actually lower blood sugar levels in persons with type 2 diabetes, according to numerous research.

### **Stevia and Obesity:**



Those who are seeking to lose weight or lower their risk of obesity may also find benefit from stevia. Stevia can be used as a sugar substitute in meals and beverages without introducing extra calories because it is a calorie-free sweetener. By doing so, you may be able to lower your caloric intake overall and lose weight. Stevia can be used as a sugar substitute, and studies have shown that doing so can help people consume fewer calories and lose weight.

### **Other Benefits of Stevia:**

Stevia offers a number of other advantages in addition to its therapeutic qualities. As stevia has been demonstrated to possess antibacterial qualities, it can aid in the defence against viruses and bacteria. It is therefore a useful herb for the treatment of infections and other diseases. Furthermore demonstrated to possess antioxidant qualities, stevia can help defend against oxidative stress and lower the chance of developing chronic illnesses like cancer and heart disease.

### **Other Potential Health Benefits of Stevia:**

Beyond its usage as a natural sweetener and a treatment for diabetes and obesity, stevia is being studied for its possible health advantages. Some possible advantages may include:

#### **Blood Pressure Control**

Studies have indicated that stevia lowers blood pressure. According to a study that appeared in the journal *Clinical and Experimental Hypertension*, participants with mild to severe hypertension who took 250 mg of Stevia extract three times a day for two years saw a significant drop in blood pressure.

#### **Anti-Cancer Qualities**

Studies have shown that stevia contains anti-cancer qualities. Stevia extract slowed the growth of breast cancer cells, according to a study that was published in the *Journal of Medicinal Food*. Another study indicated that Stevia extract caused colon cancer cells to undergo apoptosis, or programmed cell death, according to research published in the *Journal of Agricultural and Food Chemistry*.

Benefits of stevia for dental health have been demonstrated. According to a research in the *Journal of Dentistry*, patients with periodontal disease who used a mouthwash with Stevia extract had less plaque and gingivitis.

#### **Anti-Inflammatory Qualities**

Studies have shown that stevia has anti-inflammatory qualities. According to a study that appeared in the *Journal of Medicinal Food*, Stevia extract helped rats with non-alcoholic fatty liver disease by reducing liver inflammation.

#### **Digestive Health**

Stevia has been demonstrated to provide advantages for digestive health. According to a research in the *Journal of Medicinal Food*, Stevia extract helps individuals with irritable bowel syndrome (IBS) feel better.

#### **Conclusion**

**Anti-Inflammatory Qualities:** Studies have shown that stevia has anti-inflammatory qualities. According to a study that appeared in the *Journal of Medicinal Food*, Stevia extract helped rats with non-alcoholic fatty liver disease by reducing liver inflammation.



Digestive Health: Stevia has been demonstrated to provide advantages for digestive health. According to a research in the Journal of Medicinal Food, Stevia extract helps individuals with irritable bowel syndrome (IBS) feel better.

### References

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