

# Health and Medicinal Benefits of Rambutan:

## Skin Benefits of Rambutan:

### Hydrates the skin:

Water is present in high amounts in rambutan, which helps in keeping your skin soft and supple. It also acts against the free radicals in the body, thus protecting your body from oxidative damages. Rambutan is also rich in antioxidants, which protects the body from cancer and other major diseases.

## Benefits of Rambutan for Hair:

Rambutan helps in making your hair healthy and strong. A paste made out of rambutan leaves is excellent for your hair and keeps it well nourished. To make a paste of rambutan leaves, take some of its leaves and mash the leaves till you get a smooth paste. Add some water to this paste and take out its extract. Apply this on your scalp and the hair, leave for about 20 minutes and then wash off with water. Using this regularly will keep your hair healthy.

# Health and Medicinal Benefits of Rambutan:

### Antiseptic properties:

The antiseptic properties of rambutan help your body to fight against various germ that cause infections in the body.

### Absorption of micronutrients:

Rambutan is a rich source of Vitamin C. This helps the body to absorb iron, copper and other minerals more effectively. It also reverses the actions of the free radicals and protects the body from various ailments and premature ageing.

### **Boosts energy:**

Rambutan is rich in carbohydrates and proteins, which helps in preventing bloating and to increase energy. The high content of water present in rambutan aids in giving you back the energy you have lost. It is also an excellent fruit for quenching your thirst.

### **Eliminates free radicals:**

Rambutan is a rich source of Gallic acid, which plays the role of a free radical scavenger and protects the body from the harmful actions of the free radicals. This way it keeps the body healthy and young. It is particularly effective in fighting against various types of cancers.

### **Generation of white and red blood cells:**

Copper is found in sufficient quantities in rambutan, which helps in the production of red blood cells as well as [white blood cells](#). The presence of manganese in this fruit helps in the production and activation of enzymes.

### **High fiber content:**

Those who are on weight control diet benefit a lot by consuming rambutan. This is because this fruit is rich in fiber and low in calories. So it keeps your stomach full for a longer time and prevents you from overeating. This way it helps you in losing weight effectively.

### **Kills parasites:**

In addition to its nutritional values, rambutan also has therapeutic properties. If you consume this fruit regularly, you can get rid of intestinal parasites and also get relief from various symptoms of diarrhea and fever.<sup>1</sup>

### **Removes waste from the kidney:**

Phosphorus present in rambutan is important for the development as well as the repair and maintenance of tissues in the body. This also helps in proper removal of waste from the kidney. Calcium is also found in good quantities in

rambutan, which along with phosphorous helps in making the bones and the teeth strong.

### **Source of iron:**

Deficiency of iron causes anemia, which results in dizziness and fatigue. Consuming rambutan regularly ensures that you get sufficient amount of iron. This increases the availability of oxygen in the body and prevents dizziness and faintness.

### **Treatment of different ailments:**

In Indonesia and Malaysia rambutan is used in the form of medicine to heal various ailments. This has been used from ancient times to treat hypertension, diabetes and a number of other ailments.

### **Treating common illness:**

Some of the common illnesses like thrush, headache and diarrhea can be treated with rambutan. If you are suffering from headache, you can put the leaves on your temples and you will get relief soon. To treat thrush, make a decoction with the bark of rambutan and apply on the tongue. To lower the body temperature due to fever, make a decoction with the root of this plant and have it.

## **Rambutan: Tips for Usage:**

- Rambutan is a good substitute for liches.
- You can add this fruits to various fruit salads you prepare.
- It is also possible to make jams and jellies with this fruit.
- When you have yogurt, cocktails, deserts, [chutney](#), soups, smoothies, salsa etc, you can add rambutan with them.

## **Various Preparations and Uses of Rambutan:**

### **Hair care:**

Mash a few leaves of rambutan by adding a little water and then filter it to get the extract. Apply this on your damp scalp daily and this will give you a healthy hair. This helps in making your hair roots strong and enhances the growth of hair.

#### **Skin care:**

Eat the seeds of rambutan raw or mash them and apply it on your skin. This will provide you a clear skin that is healthy and soft.

#### **To treat disunity:**

Take the skin of rambutan and boil this skin in water for a few minutes. Let it cool, and then drink this liquid every day. Have it at least twice daily.

#### **To treat diabetes:**

Take five seeds of rambutan and roast thee seeds. Mash these seeds well till you get a fine powder. Put this powder in a glass of water and drink it daily. You can also have it twice daily and this will help in controlling the level of blood sugar in the body.

#### **To treat fever:**

Dry the leaves of rambutan and boil 15 gm of the dried leaves in three glasses of water. Let it cool and then strain it. Consume this mixture three times daily to get relief from fever.

## **Health benefits of Rambutan**

Posted By: [MakGon](#): April 17, 2013In: [Fruits](#)

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The rambutan fruit is probably the most exotic fruits on this planet. It really is indigenous to Malaysia however is often grown all through Southeast Asia. The fresh fruit is oval-shaped and also roughly 1 – 2 inches lengthy. It features a slim, leather like skin engrossed in several tubercles that seem like spines having a curve in the tip. The fruit's exterior skin differs from greenish-yellow to orange or even crimson. Visually, the fruit looks like a little sea urchin. Inside, the juicy flesh is generally white or even rose-tinted and also sticks to the ovoid seed.

The rambutan is really a fruit cultivated mostly in Southeast Asia, and is also cousin towards the longan and the lychee. It develops on trees which are 10-20 feet (3.05-6.1 m) higher. The trees usually are prized in landscaping since they're evergreens. The rambutan generates two crops every year, a smaller crop in mid-spring along with a bigger crop at the end of fall. Not every rambutan trees generate crops, simply because several trees usually are male. Several trees are hermaphrodites, producing both female and male flowers, while some are entirely female. The hermaphrodite tree is the most prized. The blossoms on the rambutan have got a fairly sweet aroma and therefore are usually utilized in flower bouquets. They're white or even green in color, plus some variation exists in between the female and male flower. Cross-pollination is essential in female trees, or even the tree will generate no fruit. However, bees are enticed by the quality of nectar within rambutan blooms, so this usually presents no large problem within a big orchard.

### **Health benefits of Rambutan**

Rambutan fruit, clinically titled as *Nephelium Lappaceum* is really a exotic fruit. The indigenous of this fruit is Southeast Asia and it's also also located in locations such as Cambodia, Philippines, Sri Lanka, Malaysia, Thailand, Australia, India, Africa, Ecuador, Central America and also the Caribbean Islands. Rambutan fruit has abundant amounts of carbohydrates, fats, proteins, phosphorus, iron, vitamin C and also calcium. The stem consists of saponin, tannin, iron, pectin ingredients and also flavonoids. The seeds of the fruit include polifenol and fat. All of these nutrition and also minerals provide this fruit therapeutic as well as healing quality.

#### **1. Decreases unwanted fat**

Please take a handful of rambutan seeds plus they could be consumed raw, crushed or even combined with various other foodstuff. They're extremely effective in lessening the body fat.

#### **2. Skin care**

Rambutan seeds consumed raw, crushed or even combined with various other food are even good at creating the skin much healthier and also softer. The skin tone of the face also will become gentle.

#### **3. Hair care**

Take a couple of rambutan leaves and also clean them effectively. Include little water and create a paste of the leaves utilizing a blender. Filter the leaves' extract utilizing a clean cloth. Use the water extract towards the damp scalp and also continue doing this every day. You are able to watch an excellent hair regrowth.

#### **4. Treats Dysentery**

Peel the skin of rambutan and also cut the skin into tiny bits. Add three glasses of water and also boil them till the water continues to be half. Let the water to get cool, strain and after that take in the liquid twice a day.

#### **5. Treats Diabetes**

Take about 5 seeds and after that fry them. Mash the dry fried seeds and also add the powder to the cup of cold water. Take it a couple of times each day.

#### **6. Cures Fever**

Take 15 grams of dried rambutan skin. Add this to 3 glasses of water after which boil for Fifteen minutes. Let the liquid to turn cool, strain it and after that take in 3 times each day.

#### **7. Increasing Energy**

The first Rambutan Fruit Advantage is can easily raising our energy, why ? Simply because Rambutan includes a plenty of Carbohydrate as well as protein, and beside it, rambutan has got the full of water content. Therefore, for you personally who was simply tired, I think Rambutan is definitely the great fruit that you should get back your energy and also drop thirst.

#### **8. Strengthen Bones**

Well, the 2nd benefit of rambutan is can easily enhance our bones, and also this advantage was brought on by higher calcium, phosphorus and also irons content on rambutan. If you wish to improve your health and powerful bones, you have to attempt to consuming rambutan.

#### **9. Increase our immune system**

Higher Vitamin C content within rambutan can improve our metabolic process or even defense mechanisms. Higher Metabolism can safeguard or even help save us from several hazardous illness, and also bad condition. Therefore, that was make Rambutan is good for overall health.

#### **10. Anti-Cancer**

Rambutan consists of anti-oxidant components. Research carried out by the University of Chiang Mai in Thailand discovered that rambutan fruit, seeds and also skin have got effective anti-oxidants

known as flavonoids. Several kinds of flavonoids are thought to lessen cholesterol levels, anti-cancer and also anti-inflammatory.

### **11. Protector of Free Radicals**

One of many compounds included in the skin of rambutan is gallic acid. This particular substance can serve as remedies to free-radicals mainly because it assists safeguard the body from oxidative damage. Again, this is often an assistance to battle cancer.

### **12. Rich in Vitamin C**

Since already discussed above, rambutan full of vitamin C. If a person is taking Ten to twelve fruits rambutan, he was getting 75-90 mg ascorbic acid, a lot more than double the amount suggested quantity within the everyday menu. Along with operating just as one anti-oxidant, vitamin C can easily avoid cell damage and enables the assimilation of iron.

### **13. Blood Formation**

Sweet fruit also offers small quantities of copper. This substance is required to produce more white blood cells and also red blood cells. Additionally, rambutan also includes iron that might help avoid anemia.

### **14. Healthy Digestion**

Rambutan also offers fiber that will help an individual prevent bowel problems. Additionally, rambutan may also destroy parasites within the intestines and enables alleviate signs and symptoms of diarrhea.

### **15. Improve sperm quality and cancer**

Vitamin C is recognized as the primary substances that the body requires in a number of essential procedures, which range from the collagen production (fibrous protein which forms connective tissue in bones), fat carry electron transport from numerous enzymatic reactions, hyper-healthy gums, the regulation of levels of cholesterol, and also super defense mechanisms. Abundant with vitamin C assist in preventing numerous cancers, which includes lung, colon, pancreas, bladder, breast and Food. Vitamin C might also decrease free-radicals which trigger cancer, since these vitamins are great anti-oxidants. Vitamin C can also be very important for sperm development. The possible lack of vitamin C in males could be restricted in getting children. An enhancement to this needs duration

of one month simply by growing vitamin C consumption of 500 milligrams. The quality as well as quantity of sperm and its actions could be enhanced by growing consumption of vitamin C.

Other advantages of vitamin C decreases the chance of cataracts, strengthening blood capillary walls, and reduces the chance of cardiovascular disease. Scientists think that vitamin C could also prevent aging by maintaining the white blood cells.

### **More about Rambhutan**

The rambutan is really a nice fruit that many palates find interesting. Ten to 20 fruits will certainly grow in groups. Their external appearance appears a bit foreboding, since it is coated in spikes. The spikes, however, are gentle and won't damage one that touches or even deals with the rambutan. The outside of the rambutan could be orange to deep red in color. Every fruit is tiny, usually a maximum of 2 inches (5 cm) lengthy. The inside could be white or even mild pink in color. One large seed, just like the seed of the peach or even plum, signifies the center of the fruit. The seed needs to be discarded, since it is toxic.

The rambutan is usually consumed as dessert, just served fresh and also uncooked. However, several utilize the rambutan for making preserves or even jelly. Several cultures also employ the roots of rambutan trees for substitute medications.

### **Origin and distribution**

It is just a well-known thought that rambutan are indigenous to Malaysia and Indonesia. The initial record of rambutan trees reveal that they were grown by the Malayan jungle people about their short-term settlements, an exercise followed to date. Rambutan trees are today discovered expanding naturally in Southern China, the Indochina region as well as Southeast Asia. With ever increasing popularity among non-Asians and growing interest in rambutan globally, the fruit is at present regarded as an essential agricultural produce. It really is developed in a commercial sense in Indonesia, Malaysia, Philippines, Thailand, Brunei Darussalam, Sri Lanka, Australia, Hawaii, Vietnam and also Central America. Even just in 1981, rambutan were cultivated commercially on approximately 700 ha of land in Singapore. Fast urbanization meant rambutan plantations shall no longer be present in Singapore. To satisfy the requirements of the individuals, Singapore has remained the biggest importer of rambutan on the planet, comprising a lot more than 60% of world imports.

### **Types of Rambutan**

- Lebakbooloos



- Seematjan
- Seenjonja
- Maharlika
- Sectangkooweh
- Seelengkeng
- Seekonto

### **Nutritive Valuation on Rambutan**

It's really an excellent method of obtaining vitamin C and also calcium, rambutan fruit offers pretty a great deal of niacin, iron, protein and fiber. Research conducted recently learned that consuming nine to ten vegetables and fruit of rambutan family each day, were good at reducing blood pressure level.

Fruit comparison tables. Presentation of mineral and vitamin content including nutrition charts of the Rambutan fruits.

Nutritive value per 100 g of Rambutan

Principle	Nutritive value
Protein	1.0 g
Cholesterol	0.0 mg
Thiamin	0.01mg
Vitamin C	7.4 mg
Sodium	16.5 mg
Potassium	63.0 mg
Calcium	33.0 mg

Vitamin A        4.5 IU

Iron        0.5 mg

### **How to eat Rambutan**

As soon as the fruit is ripe, you can easily twist it in the center along with hands and also the fruit just opens up. If this doesn't come out, create a little cut over the skin of the Rambutan using a knife and thoroughly open it up into two parts. The interior white color part like an egg is the delicious part. Within the edible part are definitely the seeds.

### **How to Store Rambutan**

- Keep rambutan within the refrigerator. Place them in a plastic pot and cover using a cover. They're going to keep for around a week.
- In the event you store them at normal room temperature, they're going to last about Three days. In such instances, they're best eaten within just 2 days of purchasing.
- Rambutan might be kept in glass storage containers within the refrigerator if preferred.

### **Usage and potential**

#### **Food**

The rambutan fruit is consumed raw converted to jams or perhaps is cooked. The fruit, processed in syrup is immediately consumed off the can as well. In 1886, wine made from the fruit was placed within an exhibition in London. However, its recipe is unfamiliar as well as its manufacturing is considered to have stopped right after. The seeds are occasionally roasted and also eaten.

#### **Medicine**

The pericarp or even the fruit walls, loaded with tannin and saponin are utilized in Java for a number of medical reasons. A mixture of it is sold by standard Malay medicine sellers. The Malays utilize a decoction of the roots to deal with fever. The bark and also the fruits are meant to have astringent qualities. The bark, converted into a decoction, is utilized to deal with tongue illnesses. Additionally it is given right after childbirth to new mothers. Rambutan fruit should really have anthelmintic qualities, assisting one eliminate intestinal worms. It's also utilized in reducing diarrhea. The leaves are utilized as poultices to alleviate headaches.

#### **Other uses**

Young shoots are widely-used to dye yellow silk to green. A dye known as ayer banyar, produced from rambutan leaves and also fruits and coupled with various other components, is utilized for dyeing red silk black. The wood of the tree though hard has a tendency to split since it dries. It really is nevertheless utilized as timber.

### Uses of Rambutan Fruit

- The fruit is better consumed raw and doesn't have a very lengthy shelf-life, and also this can vary from a couple of days up to week.
- If you would like to lengthen this life, put this fruit in a punctured bag and keep it within the fridge.
- To open the fruit adhere to this simple video that exhibits how you can cut around the outer shell effortlessly using a knife and take off the fleshy rambutan.
- Rambutan fruit can be utilized in several dishes and drinks.
- A exotic fruit salad, cocktails, smoothies, yogurts, deserts, jams, syrups, jellies, chutney, salsa and soup are amongst the ways to use this delicate little fruit.
- You could with confidence replace it in many lychee recipes for something different like a stir-fry or even tasty dish

## Rambutan Fruit: Nutrition Facts, Health Benefits and Culinary Uses



With its hairy exterior, the rambutan fruit (*Nephelium lappaceum*) may appear intimidating at first. However, once you get over your fear and give this exotic fruit a chance, your taste buds will surely thank you. The juicy flesh that hides underneath the hairy skin boasts a wonderfully fresh flavor, similar to grapes and lychees. Culinary aspects aside, rambutans also provide some interesting nutritional and health benefits. In this article, we look at the health benefits of rambutans, plus provide a comprehensive *nutrient facts* chart detailing the nutritional composition of these exotic goodies. At the end of this write-up, you'll also find a couple of practical tips on how to choose and use rambutans.

## Health Benefits of Rambutans

A 100-gram (3.5 oz) serving of fresh rambutan pulp provides about 40 milligrams of vitamin C, which corresponds to **66% of the daily value (DV) for vitamin C**. Vitamin C is perhaps best known as a [dietary remedy for the common cold and flu](#), but it also provides a number of other health benefits. When you eat rambutans or other foods that are rich in vitamin C, you increase your body's natural ability to flush out heavy metals and other toxins as well as to deal with stress. Vitamin C also promotes healthy, youthful skin by scavenging free radicals and by enhancing your body's ability to produce new collagen.

Compared with most other fruits, **rambutans are also a good source of copper**. Although your body requires only a small amount of copper, this trace mineral is crucial for the proper functioning of your body. A copper deficiency may lead, for example, to anemia, ruptures in blood vessels, bone and joint problems, elevated cholesterol levels, frequent infections, and chronic fatigue. Copper is also crucial for healthy hair growth, and foods rich in copper, such as rambutans, may help prevent hair loss, intensify hair color, and prevent premature graying of hair.

## Chart: Nutrition Facts for Raw Rambutan Pulp



Nutrition facts for rambutan pulp (*Nephelium lappaceum*) are provided per 100 grams in the chart below. The nutrition facts provided below include both the absolute amount and the [percent daily value](#) for each nutrient.

Nutrient	Amount per 100 g	% Daily Value	Comment
Carotene	0 mcg	0%	
Vitamin B1 (Thiamin)	0.02 mg	1 %	
Vitamin B2 (Riboflavin)	0.06 mg	4 %	

Vitamin B3 (Niacin)	0.78 mg	4 %	
Vitamin C (Ascorbic Acid)	39.5 mg	66 %	A wonderful source of vitamin C
Calcium (Ca)	7.9 mg	1 %	
Copper (Cu)	0.18 mg	9 %	A good source of copper compared with other fruit
Iron (Fe)	0.48 mg	3 %	
Magnesium (Mg)	17.4 mg	4 %	
Manganese (Mn)	0.19 mg	10 %	
Phosphorus (P)	16.5 mg	2 %	
Potassium (K)	179.7 mg	5 %	Not a particularly good source of potassium compared with other fruit
Sodium (Na)	6.3 mg	0 %	
Zinc (Zn)	0.21 mg	1 %	

## How to Select and Eat Rambutans

Although rambutans only grow in tropical regions such as Hawaii, Puerto Rico, Costa Rica, Panama, and Southeast Asia, many Asian markets and even some large grocery stores in North America and the UK sell these nutritional powerhouse fruits. If you're able to find rambutans that are still attached to the branch, go for them as they are thought to have higher culinary and nutritional value than rambutans that have been separated from the branch.

To preserve most of its flavor and nutritional value, the rambutan fruit is best eaten raw. Simply peel off the hairy skin and pop the white juicy flesh into your mouth. But be careful not to eat the bitter seed that is hidden inside the white flesh.

You can also use peeled and pitted rambutans in smoothies and fruit salads, for example as a substitute for lychees. If you have a juicer at home, rambutan juice spiced up with a bit of cinnamon or vanilla is also worth a try.

## Top 15 Health Benefits and Uses of Rambutan

Rambutan (scientifically termed as ‘Nephelium Lappaceumis’) is a fruit that definitely features in the list of ‘Most Exotic fruits of Our Planet’. It’s a fruit not a lot of people know about.

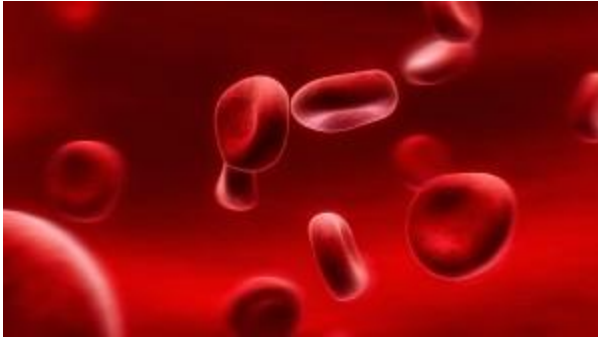
However, some experts call it ‘super fruit’ because of the many benefits its ingestion has. This fruit resembles lychees in the way it looks- it is red colored on the outside while its inside is white, it is oval in shape and is generally one to two inches in length. Moreover, like lychees, it is also found in bunches with stems sticking out of them. Even though this fruit is said to be native to Malaysia and Indonesia, it is found all over Southeastern Asia. The fruit has a thin, leather like skin layer with multiple tube-like structures sticking out of it that seem like spikes on a hedgehog. Sometimes, one can also find rambutans having greenish yellow or orange exterior skin colors. The fruit, in many ways, also looks exactly like a sea urchin.

The trees on which this fruit grows have some interesting characteristics as well. The fruit grows on trees which are about 10-20 feet (which is nearly 3.05-6.1 m) high. These trees generate cultivable fruits twice every year- a smaller batch during mid spring along with a bigger one at the end of fall. What is notable is their genders (Yes, trees have genders as well). Some of the rambutan trees are male and therefore do not produce fruits at all. Several trees are hermaphrodites, i.e., producing both female and male flowers, while some are entirely female. The hermaphrodite trees, thus, are the most fruitful (pun intended).

The flowers that blossom on these trees have got a fairly sweet aroma and are thus used in flower bouquets. They’re white or even green in color, plus some variation exists in between the female and male flower. Biologically speaking, cross pollination is essential for female trees, in order for them to bear fruits. The rambutan flowers help majorly in this by attracting the bees to their high quality nectar. Thus, without the flowers, there would be no fruit at all.

Rambutans, apart from tasting quite good, have several nutritional characteristics which are beneficial for our health. Here are some you probably didn’t know before.

## 15. Source of iron



Rambutans are highly rich iron. Iron is not only beneficial, but essential for the human body to function. Iron present in the hemoglobin is used by the human body to transport oxygen from the lungs to the different tissues. Deficiency of iron can cause illnesses like anemia which leads to severe fatigue and dizziness.

## 14. Decreases unwanted fat



Rambutans are highly effective in lessening the body fat content of the human body. This is because the fruit is high in fiber content (2 g per 100 g of fruit) and, at the same, low on calories. Moreover, it has high water content. Due to this, it decreased hunger episodes significantly. The seeds also help in weight reduction. In order to ingest rambutan seeds, it is advised to crush them and take them mixed with other foodstuff. Alternatively, they can be consumed raw as well.

## 13. Treatment of dysentery



The skin of the rambutan fruit can be used to treat dysentery. It can also be used to cure other chronic ailments like chronic fever. Some people also combine the fruits with other ingredients which greatly increases its efficiency in curing such ailments.

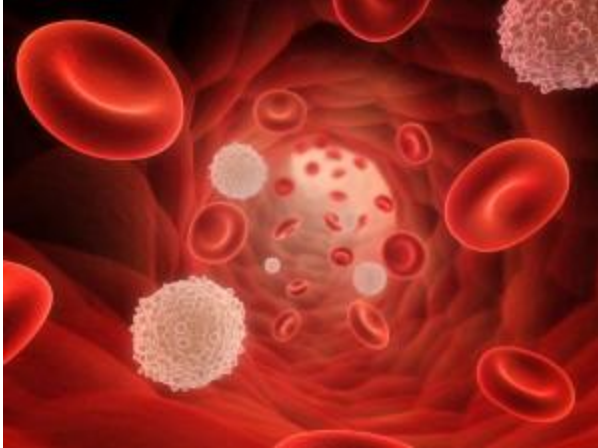
## 12. Helps in boosting energy



The fruit is rich in carbohydrate and protein content which helps give an instant energy boost when consumed. The high water content of the fruit also helps quench the thirst and bring back lost energy. It is highly suitable for runners and other sport players because of this property.



## 11. Generation of red and white blood cells



Of the many nutrients the fruit contains, it contains copper which is vital for the production of red and white blood cells in our body. The fruit also contains manganese which is essential for our body for the production of enzymes and their activation. Enzymes are necessary for carry out many functions in our body and often carry out essential biochemical essential in our body.

## 10. Strengthens bones



Another benefit of this fruits is that it helps in strengthening our bones. This is due to the fact that the fruit is rich in calcium, phosphorus and iron. Healthier bones lead to stable growth and reduced chances of fractures and other bone diseases.

## **9. Makes skin better**



Rambutan helps in hydrating your skin and making its soft and supple like you always wanted. This is due to the high water content that the fruit holds. The water helps in the hydration, helping keep the skin smooth and soft.

## **8. Helps in boosting immunity and prevent diseases**



Rambutans are also high in vitamin C content. Technically speaking, if you ingest ten to twelve rambutan fruits, you would get 75-90 mg of ascorbic acid, which is more than double the amount that is advised in everyday consumption. The major benefit of vitamin C is that it provides increased immunity from infections (by helping strengthen our body's defense mechanism). It serves as anti-oxidant, prevents cell damage and helps prevent diseases like scurvy. Vitamin C in Rambutan also helps in the absorption of minerals, iron and copper. Moreover, it protects the body from getting damaged from free radicals.

## **7. Eliminates free radicals**



One of many compounds included in the skin of rambutan is Gallic acid. This particular substance behaves as a predator for free-radicals. The way it does this is by protecting the body from damage due to oxidation.

## **6. Helps in removing waste from the kidneys**



Another highly beneficial function of this amazing fruit is that it assists in removing waste from our kidneys. This is done with the help of phosphorus present in rambutan. The phosphorus is also essential for the development, repair, and maintenance of tissues and body cells.

## **5. Treating common illnesses**



Rambutan is also good for treating common illnesses like headache, thrush and, as mentioned before, dysentery. In order to relieve headaches, the leaves of the trees can be applied on the

forehead as a paste . This process is supposed to calm the nerves and reduce the headache. An amalgamate of the bark of the tree can be used to treat thrush. A similar preparation of the roots of the tree can be used to treat fever. So, all in all, not just the fruits but every part of the rambutan tree is beneficial to us in some way or the other.

## 4. Helps in treating diabetes



The seeds of the rambutan fruit hold their own importance. When ingested, they can relieve the pain felt by diabetic patients, especially ones suffering from a specific condition known as ‘diabetes mellitus’.

## 3. Help in hair care



Rambutan helps in a huge way improving the health of your hair. A paste made from the leaves of trees is has been known to known to provide nutrition to the hair. This paste is made by taking

some rambutan leaves, mashing them, adding some water and squeezing the extract. Many people experience a noticeable change in their hair quality in just a few weeks.

## 2. Improves sperm quality



Vitamin C, which the rambutan fruit is rich in, can also be very important for sperm development. The possible lack of vitamin C in males can result in restricted ability in fruitful reproduction. This condition can be improved by a remedy which requires the person to up their Vitamin C by about 500 mg for around a month. This has been known to enhance both the quality and quantity of sperm in many cases.

## 1. Anti-cancer



