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HEB's Journal of Research in Indian Medicine
An Official Publication of Bureau for Health & Education Status Upliftment
(Constitutionally Entitled as Health-Education, Bureau)

Medicinal Properties of Beta Vulgaris L. - A Reviewer on Latest Research

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Abstract

Beta vulgaris L. (beetroot) has emerged as a cornerstone of functional nutrition and pharmacological research. This paper synthesizes data from the last decade, focusing on its role as a multi-targeted therapeutic agent. Key bioactive components, including betalains and inorganic nitrates, demonstrate significant efficacy in modulating nitric oxide pathways, reducing oxidative stress, and protecting against chronic inflammatory diseases. Recent clinical insights from 2025 and 2026 further highlight its potential in neuroprotection and advanced cardiovascular therapy (Arifuzzaman et al., 2026; Stoica et al., 2025).

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Website: <http://heb-nic.in/jrim>

Received on 15/02/2026

Accepted on 28/02/2026 © HEB All rights reserved

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