# Different Types of Gourd Vegetables in India | Bottle, Bitter, Ridge, Sponge, Snake, Ash, Ivy, Spine

Gourds grow vigorously in the rainy season, require spacious areas and sunlight to grow. Their seeds are directly sown on raised beds or in containers and start flowering in the second month after planting.

Types of gourds: Bottle gourds is one of the healthiest vegetable, it is rich in fibre and helps to maintain a healthy diet and digestive tract. It also has iron content rich in vitamin B&C that helps in antioxidant actions. Bitter gourd is a good source of vitamin C which helps boost immunity and has antiviral properties for health boost. Indian squash has anti inflammatory agents that control and prevent bloating, acidity and heart burn. It is also has high fibre content that helps bowl disorders.

## Sponge, Ridge and Snake Gourd

Sponge gourd helps in blood purification and skin treatment. It is also helpful in curing inflammation and constipation. Ridge gourd aids in diabetes, weight loss and digestion.

Pointed gourd are striped green, help in coughs, cold and headaches. It is rich in various antioxidants, vitamin A&C which help in boosting the immune system.

Snake gourd they are long and slender in shape, packed with vitamins and minerals and serve as a great source of energy. Ash gourd helps in combating acidity, stomach ulcers and keeps the gut healthy. It also has coagulant properties which help in internal bleeding.

# Ivy, Spine and Apple Gourd

Ivy gourd helps in preventing obesity, improving digestion, increasing metabolism, maintaining blood sugars and strengthens the immune system. Spine gourd has less amount of calories and serves as an excellent diet food. It is also rich in proteins and vitamins

Apple gourd are excellent diet for diabetes patients. It helps in boosting the immune system and aging process. The vegetable should be harvested when still green because delaying the harvest makes the vegetables become rotten and dry.