



Pumpkin Seed Oil & Prostate Hypertrophy

by J. Bilbao



Medicinal Properties

Historically, the pumpkin has been one of the main and first vegetables brought from the Americas many centuries ago, and its seeds have always been used in what is known as popular medicine, especially for its clear properties to eliminate intestinal parasites. However, recent research has found decongestant properties in the oil extracted from its seeds, which is why they are useful in case of prostate adenoma. Its oil provides 50% linoleic acid, a "good" fat that our body is not capable of



producing, in turn containing various vitamins (mainly E, C and B), trace elements, phytosterols and cucurbitacin. The phytosterols contained in pumpkin seed oil help inhibit inflammation or growth of prostate tissue (prostate hypertrophy).

Other properties that Pumpkin Seed Oil also has it helps to improve blood pressure, cholesterol, muscle development, regulates our immune system, improves the skin leaving it softer and provides oxygen to the blood.

Pumpkin cultivation

Pumpkin cultivation is believed to have its origins in Asia, although there are also those who believe that it originates from America. Pumpkin cultivation is currently widespread in all temperate areas of the world. The pumpkin plant is an annual crop, it is creeping and has indeterminate growth, its root system usually has a great development. Secondary stems develop on the main stem and the plant reaches 1 to 2 meters in length. The fruit of the squash is round/oval and varies in color depending on the variety, the most predominant being yellow, its skin is smooth, it is very fleshy and the seeds are usually attached to the flesh.

Pumpkin cultivation is not too demanding in terms of temperatures, the optimum temperatures for a good crop are between 25° centigrade and 30° centigrade, temperatures above 35° centigrade and those below 10°



centigrade do not do well. It is a fairly demanding crop in terms of water, so you must be very careful with the state of moisture in the soil.

Soil types

This crop is also not very demanding in terms of soil types, it adapts with some ease to most types of soil, in any case, the soils that squash grows most like are soils with deep topsoil, with good amount of organic matter and well drained. Optimum Ph values for cultivation range between 5.6 and 6.8, although the plant generally adapts to values between 5 and 7.

Land preparation

The first function before the preparation of the land will be its natural fertilization, we will proceed to distribute a layer of organic natural manure over the entire surface of the future crop. After distributing the natural fertilizer, we will proceed to plow the land with a blade rotavator, for this crop we will do a deep plowing job, between 35 cm and 40 cm. Once the land is plowed, we will let it rest for approximately 15/20 days, until the date of planting the crop. On the planting date we will pass the blade rotavator again in order to aerate the soil and leave it spongy to carry out the same.

Planting the pumpkin crop

Before sowing we will pull the lines for it, leaving a distance of 0.5 m between plant and plant and a distance of 1 meter between lines,



between line and line we will leave a wide furrow to be able to flood the crop when required do the irrigation, later we will make the holes to later deposit the seed in them, finally carry out the sowing by depositing 3/4 seeds in each hole and finally we will cover the seeds of the holes with a layer of soil between 4 and 7 cm. Once the sowing has been carried out, a first flood irrigation of the entire crop will be carried out.

This crop is quite demanding in terms of water, so we must pay special attention to irrigation, if it does not rain during the cultivation period, we will have to irrigate every week for approximately 10 days, always taking into account the humidity of the soil, which also depends of the situation of the climate, if it rains during the cultivation period, you will have to do the irrigation depending on the humidity of the soil, it is important to be careful with excess water, it is very harmful for the pumpkin crop.

Harvest and yield per Ha.

The pumpkin harvest begins approximately three months after planting and lasts approximately five months.

The average pumpkin yield, depending on geographical areas and varieties, is between 30 tons and 40 tons per hectare, although there are some areas and varieties that reach up to 50 tons per hectare and more.



Sowing time and crop time

The sowing of the pumpkin crop is carried out between the months of March to September, the cultivation time for the initiation of the harvest is approximately three months and this usually lasts up to five months, which is when the cycle is considered finished pumpkin cultivation.

Pests and diseases of pumpkin cultivation

These are some of the pests and diseases that pumpkin crops can contract: Red spider (*Tetranychus urticae* (Koch)), Whitefly (*Trialeurodes vaporariorum* (West)), Aphid (*Aphis gossypii* (Sulzer)), Leafminers (*Liriomyza trifolii* (Burgess)), Caterpillars (*Spodoptera exigua* (Hübner)), Nematodes (*Meloidogyne javanica*, *M. javanica*, *M. arenaria* and *M. Incognita*).

And diseases such as: Cucurbit powdery mildew, Gray rot (*Botryotinia fuckeliana* (de Bary)), White rot (*Sclerotinia sclerotiorum*), Soft rot (*Erwinia carotovora* subsp.), Cucumber yellow vein virus.

Seed Extraction

The extraction of pumpkin seeds is done manually, first, the pumpkin is cut into two pieces and then the seeds are extracted by hand.

Once the seeds have been extracted, they will be spread on a clean and flat surface (in trays), so that the seeds dry until they have less than 20% humidity. The artisanal drying is usually done by putting the trays in the



sun and can take between 15 and 30 days depending on the days of intense sun and ambient humidity.

Pumpkin Seed Oil Extraction

Pumpkin Seed Oil is obtained naturally, cold pressed to maintain all its medicinal properties and is a powerful antioxidant.

Nutrients

Some of the most important nutrients in Pumpkin Seed Oil are iron, potassium, zinc, omega 3 and omega 6 fatty acids, tryptophan, curcubin and arginine.

Consumption

If you want to consume Pumpkin Seed Oil, it is always advisable to strictly follow the instructions detailed by the manufacturer for its use on the product packaging, or you can also consult a naturopathic doctor or professional in the sector to guide us.

Contraindicaciones

Al consumo de Aceite de Semillas de Calabaza, no se le conocen efectos secundarios tomado en las dosis indicadas.

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