

## Pumpkin Seed (کدو کے بیج)



Pumpkin seeds, also known as pepitas, are the edible seeds of pumpkins, a type of squash plant belonging to the Cucurbitaceae family. These small, flat seeds have a white outer shell and a greenish inner kernel. Pumpkin seeds have been valued for their nutritional and medicinal properties for centuries and are widely consumed around the world in various culinary applications.

### Names in other languages:

Arabic name:	قرع
Farsi name:	کدوراز
Urdu name:	کدو کے بیج
English name:	Pumpkin Seed

### Vitamin & Minerals:

Vitamin B6  
Vitamin C & D Calcium  
Magnesium  
Zinc

### Benefits

Best for Weight Gaining, Beneficial in sleep disorder, Headache, Stress and depression Hysteria, Beneficial in mood swings, Improves the blood flow, Control Irregular Heartbeat, Lower blood pressure, Beneficial in angina, Improve Oxygen Flow, Beneficial for prostate gland  
Beneficial in periods related issues  
Miscarriage, Improves the semen quality and quantity  
Control Breast Cancer, Controls the blood sugar level  
Improves brain health.