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Lotus has long been popularly used in Trad itional Oriental Medicine and is known for its many amazing health benefits, suc

h as

beautifying the skin, preventing cancer, fighting inflammation,

and controlling blood sugar levels

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Health benefits of lotus | Vinmec

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While there's limited research on the h

uman health effects of consuming lotus, it's thought that these

antioxidant compounds might protect against diseases that stem from oxidative s

tress. In particular, they may have anticancer effects, protect against Alzheim

r's disease, and prevent liver damage (8 , 9 , 10).

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5 Unique Health Benefits of Lotus -

Healthline

health : 8-uses-for-lotus

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