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Title: Bottle Gourd (*Lagenaria siceraria*) A vegetable for good health

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Abstract: The gourd is used as curative plant for mental health disorders. Among cucurbits, the bottle gourd, ***Lagenaria siceraria* (Mol.) Standl.** is the only plant which contains highest choline level along with required metabolites/metabolic precursors for brain function. The purpose of this paper is to explore scientific credibility of narration of gourd in the scriptures of the world and traditional usage. The biological activities of important members of family Cucurbitaceae on human body have also been presented.

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Bottle gourd, *Lagenaria siceraria* is Vitamin C and Zinc rich vegetable which supports for Antioxidant, Anti-bilious and Sedative properties. Bottle gourd. Scientific Name: *Lagenaria siceraria*. Origin. Tropical Africa. Skin health, Lowers stroke, Treats cancer, Prevents colds and flu, Hormonal balance. Bottle gourd, *Lagenaria siceraria*, is a genus of tropical and subtropical vines in the Cucurbitaceae family. It is also called Calabash Gourd, Trumpet Gourd and Long Squash. The immature fruit of these species are consumed as vegetables.