**The Surprising Health Benefits of Eating Home Made Pickles**

Pickles, especially those made at home, have been a beloved part of many cuisines, particularly in Indian households. While they are often served as a side dish or snack, pickles are not just tasty; they also come with a variety of health benefits. Here’s why you might want to include Indian pickles in your diet

**Rich in Probiotics**

One of the key benefits of consuming [pickles](https://www.naturestrunk.com/collections/homemade-indian-pickles-aachar), particularly homemade ones, is their ability to introduce probiotics into your digestive system. When fermented naturally, pickles are packed with beneficial bacteria that support digestion and help maintain a healthy gut micro biome. Fermented varieties, like those commonly found in Andhra pickles, offer these probiotic advantages, which can aid in keeping your digestive system balanced.

**Packed with Antioxidants**

Pickles made from vegetables such as cucumbers or mangoes are loaded with antioxidants, which combat oxidative stress in the body. This can lower the risk of chronic diseases and enhance overall health. Indian pickles, with their distinctive mix of spices, are not only delicious but also rich in nutrients that bolster immune function.

**Boosting Electrolyte Balance**

The salt found in pickles is crucial for replenishing electrolytes, especially after a workout or a long, hot day. This is particularly true for [Andhra pickles](https://www.naturestrunk.com/collections/homemade-indian-pickles-aachar), known for their bold and tangy flavours, which can help restore sodium levels in the body and aid in hydration.

**A Flavourful Way to Consume More Fibber**

The fruits and vegetables used in making the finest pickles in India, such as mangoes, carrots, and lemons, are high in fibre. Fiber is vital for digestive health and can assist in maintaining a healthy weight.

Adding pickles to your meals, whether you prefer the spiciness of Andhra pickles or the zesty flavour of a homemade variety, can be a delicious and nutritious enhancement to your diet.