

Overview of Cactus (*Opuntia Ficus-Indica* (L): A Myriad of Alternatives

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ABSTRACT The paper reviewed in detail the following for *Opuntia ficus-indica* including the origin and varieties, the morphology, the success and the potential limitations, nutritional qualities of cactus, constituents of the seeds/ fruits, storage of *Opuntia* fruits, consumption, nutritional qualities, health implications, mineral element composition including Crude Protein (CP), Acid Detergent Fiber in cactus (ADF), Neutral Detergent Fiber (NDF) Cellulose, Hemicellulose, Lignin, Non Fiber Carbohydrates (NFC), ether extract, minerals, phosphorus, potassium, calcium, magnesium, sodium, elemental concentration and the ecological and environmental usefulness. The paper concluded that the fortified and high-energy, nutrient-endowed cacti stands as a myriad of alternatives protecting the already ailing and depleted natural resources, providing farmers and livestock with a definite source of water during period of water stress, and serving as medicinal, food and vegetables for humans. As the intuition and consciousness of these benefits spreads, cactus-producing countries should be encouraged to improve their cultivation practices for these valuable plants of cacti.