

Herbal Food and its Medicinal Values

(Carbohydrates, Proteins, Fats, Minerals, Phosphorus, Calcium, Iron, Potassium, Sodium, Iodine, Sulphur, Magnesium, Chlorine, Manganese, Copper, Fluorine, Molybdenum, Cobalt, Silicon, Zinc, Vitamins)

Introduction

Food has been a basic part of our existence. Through the centuries we have acquired a wealth of information about the use of food as a part of our community, social, national and religious life. It has been used as an expression of love, friendship and social acceptance without knowing the medicinal values of such food. India is one of the leading herbal food producer and exporter in the world. Traditional use of herbal medicines is recognized as a way to learn about potential future medicines. Several meticulous researches were conducted and experimented with herbal food. They arrived at more precise conclusions about the usefulness of diverse plants and herbs that are utilized in field like medicine. Now a day people are very much aware of the ingredients in synthetic drugs, the benefits of herbal products and harmful effects of chemical ingredients. Herbal medicines are in huge demand in the developed world for health care for the reason that they are efficient, safe and have lesser side effects. The formulations based on herbs are safe and effective. Herbal plants constitute a large segment of the flora, which provide raw materials for use by various industries. They have been used in the country for a long time for their medicinal properties. The decision to cultivate medicinal herbs should only be made in response to demand for particular herbs. The market is very competitive and could easily be oversupplied.

The herbs been in use in our diet since antiquity, only recently they have taken the center-stage of nutrition scientific world for their potential health benefiting and detoxification properties. Herbs and spice, indeed, extend their flavor rather than substance to the food we eat.

Herbs contain unique antioxidants, essential oils, vitamins, phytosterols and many other plants derived nutrient substances, which help equip our body to fight against germs, toxins and to boost immunity level. Herbs are, in fact, medicines in smaller dosages.

Essential oils in herbs have been found to have an anti-inflammatory function by inhibiting the enzyme cyclooxygenase (COX), which mediates inflammatory cascade reaction inside the human body. The enzyme-inhibiting effect of essential oils in herbs makes it a valuable remedy for symptomatic relief in individuals with inflammatory health problems such as rheumatoid arthritis, osteoarthritis, and inflammatory bowel conditions like ulcerative colitis.

The volatile oils, vitamins, and antioxidants in the herbs have cytotoxicity action against prostate, pancreatic, colon, endometrial cancer cells.

The chemical compounds in the herbs have been found to be anti-spasmodic, carminative, diaphoretic, analgesic, aphrodisiac, deodorant, digestive, antiseptic, lipolytic (fat burning and weight loss action), stimulant and stomachic effects when taken in a proper dosage.

The major contents of the book are carbohydrates, chemistry of carbohydrates daily requirement of carbohydrates, proteins, chemistry of proteins, some Indian food preparations rich in proteins, dynamic action of vitamin A, absorption and excretion of vitamin A, medicinal uses of ripe mango, mango in the treatment of night blindness etc. This book for the first time reveals the exact medicinal characteristics and how it works and cures the different disease to make mankind healthy. This book is very useful for scientists, doctors, scholars as well as entrepreneurs.

Table of Contents

PART-I

NUTRITION

1. CARBOHYDRATES

Chemistry of Carbohydrates

Daily Requirement of Carbohydrates

Low Carbohydrate Foods

Digestion and Absorption of Carbohydrates

Bad effects of Excessive use of Carbohydrates

2. PROTEINS

Chemistry of Proteins

A-Class Proteins

Amino Acids

Essential Amino Acids

B-Class Proteins

C-Class Proteins

Foods Rich in A-Class Proteins

Some Indian Food preparations Rich in Proteins

Daily Requirement of Proteins

Digestion and Absorption of Proteins

Foods rich in Purine Bodies

Foods free from Purine Bodies

Nitrogen Balance in the Body

How is Protein Deficiency Caused?

How to Prevent and Cure Protein Deficiency

Contra-indications of Proteins

Clinical Indications of Proteins

3. FATS

Fats

Sources of Fats

Digestion of Fats

Absorption of Fats

4. MINERALS

Minerals

5. CALCIUM

Calcium-carbonate and Calcium-phosphate

Foods Rich in Calcium (in mg. 100 g.)

Daily Requirement (in mg.)

Absorption and Excretion of Calcium

Hypocalcaemia

General Symptoms of Calcium Deficiency

Symptoms of Calcium Deficiency in children

Symptoms of Calcium Deficiency in Women

More Calcium and Cancer

Treatment of Calcium Deficiency

General Symptoms of Hypercalcemia

Indications of Calcium Therapy

6. PHOSPHORUS

Diseases Caused by Phosphorus Deficiency

Phosphorus Patents

7. IRON

Foods Rich in Iron: (in mg. per 100 g.)

Daily Requirement

Absorption and Excretion

General Deficiency of Iron

Signs and Symptoms of Iron Deficiency

Iron Deficiency during Pregnancy and Childhood

Effects of Iron Deficiency during Childhood

Clinical Manifestations of Iron Deficiency

How to Cure Iron Deficiency?

Effects of Excessive use of Iron

Iron Intoxication

8. POTASSIUM

Foods Rich in Potassium (In mg. per 100 G.)

Deficiency Signs and Symptoms of Potassium

9. SODIUM

Sodium Phosphate

Sodium Sulphate

10. IODINE

11. SULPHUR

12. MAGNESIUM

13. CHLORINE

14. MANGANESE

15. COPPER

16. FLUORINE

17. MOLYBDENUM

18. COBALT

19. SILICON

20. ZINC

21. VITAMINS

Fat-Soluble-Vitamins

22. VITAMIN A

Chemistry of Vitamin A

Foods rich in Vitamin A

Some Indian Food preparations rich in Vitamin A

Daily requirement of Vitamin A

Pharmacodynamic action of Vitamin A

Absorption and excretion of Vitamin A

Signs and symptoms of Vitamin A deficiency
Clinical manifestations of Vitamin A
Indications of Vitamin A Therapy (Preventive and Curative
Some combined preparation of Vitamin A

23. VITAMIN D

Pharmacodynamics of Vitamin D
Chemistry of Vitamin D
Foods rich in Vitamin D
Daily Requirement of Vitamin D
Signs and Symptoms of Vitamin D deficiency
How to prevent and cure Vitamin D deficiency
Indications of Vitamin D Therapy
Hypervitaminosis D

24. VITAMIN E

Chemistry of Vitamin E
Foods rich in Vitamin E
Daily requirement of Vitamin E

Pharmacodynamic action of Vitamin E
Absorption and Excretion of Vitamin E
Signs and Symptoms of Vitamin E deficiency
Clinical manifestations of Vitamin E
Dr. Gross, Method to Control Infertility
Male Fertility
Routine Approach to all Cases
The Preconceptional Profertility Regimen
Antenatal Routine in Secondary Sterility
Results
Previous Anencephalics and Foetal Abnormality
Patent preparations of Vitamin E
Some rare indications of Vitamin E and A combination
Biochemic remedies and Vitamin E absorption

25. WATER-SOLUBLE VITAMINS

26. VITAMIN B-COMPLEX GROUP

27. VITAMIN B1 (THIAMINE OR ANEURINE HYDROCHLORIDE)

Chemistry of Vitamin B₁

Foods rich in vitamin B₁ (in mcg. per 100 g.)

Daily requirement of Vitamin B₁

Pharmacodynamic action of Vitamin B₁

2. Absorption and Excretion of Vitamin B₁

Signs and Symptoms of Vitamin B₁ Deficiency

Clinical Manifestations of Vitamin B₁

Indications of vitamin B₁ Therapy

Dosage

28. VITAMIN B2 (RIBOFLAVINE)

Chemistry of Vitamin B₂

Foods rich in Vitamin B₂ (in mg. per 100 gr.)

Daily requirement of Vitamin B₂

Pharmacodynamic action of Vitamin B₂

Absorption and Excretion of Vitamin B₂

Signs and Symptoms of Vitamin B₂ Deficiency

Indications of Vitamin B₂ Therapy

29. VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE, ADERMIN)

Chemistry of Vitamin B6

Foods rich in Vitamin B6

Daily requirement of vitamin B6

Pharmacodynamic action of Vitamin B6

Absorption and excretion of Vitamin B6

Signs and Symptoms of Vitamin B6 Deficiency

Clinical manifestations of Vitamin B6

30. VITAMIN B12 (CYANOCOBALMIN)

Chemistry of Vitamin B12

Foods Rich in Vitamin B12 (Mcg. Per Gramme)

Daily requirement of Vitamin B12

Pharmacodynamics of Vitamin B12

Absorption and Excretion of Vitamin B12

Signs and Symptoms of Vitamins B12 deficiency

Indications of Vitamin B12 therapy

31. FOLIC ACID (PTEROYLGLUTAMIC ACID PGA)

Chemistry of Folic Acid

Foods rich in Folic Acid

Daily requirement of Folic Acid

Pharmacodynamic Action of Folic Acid

Absorption and Excretion of Folic Acid

Signs and Symptoms of Folic Acid

32. NICOTINIC ACID (NIACIN)

Chemistry of Nicotinic acid

Foods rich in Nicotinic Acid

Daily requirement of Nicotinic Acid

Pharmacodynamic Action of Nicotinic Acid

Absorption and Excretion of Nicotinic Acid

Signs and Symptoms of Nicotinic Acid Deficiency

Clinical Manifestations of Nicotinic Acid

3. Hartnup's Disease (Hereditary Pellagra)

How to Cure Nicotinic Acid Deficiency

Indications of Nicotinic Acid Therapy

Patents of Nicotinic Acid

33. PANTOTHENIC ACID (P.A.)

Chemistry of P.A.

Foods rich in P.A.

Daily requirement of P.A.

Pharmacodynamic Action of P.A.

Absorption and Excretion of P.A.

Signs and Symptoms of P.A. deficiency

Clinical Manifestations of P.A.

34. LECITHIN

Lecithin Content of Various Substances in per cent

35. CHOLINE

Foods rich in Choline

Daily requirement of Choline

Signs and Symptoms of Choline Deficiency

Indications of Choline Therapy

36. INOSITOL

37. METHIONINE

38. BIOTIN

Para- Aminobenzoic Acid

39. VITAMIN C (ASCORBIC ACID)

Chemistry of Vitamin C

Foods rich in Vitamin C (in mg./100 g.)

Daily requirement of Vitamin C

Pharmacodynamic action of Vitamin C

Absorption and Excretion of Vitamin C

Signs and Symptoms of Vitamin C deficiency

Deficiency of Vitamin C in Children

How to prevent and cure Vitamin C deficiency

Clinical manifestations of Vitamin C

Indications of Vitamin C Therapy

40. VITAMIN K (ACETOMENAPHTHONE)

Chemistry of Vitamin K

Foods rich in Vitamin K

Signs and Symptoms of Vitamin K deficiency

Indications of Vitamin K Therapy

41. LAXOFLAVIN

42. VITAMIN P (BIOFLAVONOIDS)

43. REASONS FOR VITAMIN DEFICIENCY IN GENERAL

1. Diminished intake
2. Increased Requirement
3. Poor Absorption
4. Defective Utilization or Storage
5. Increased Excretion

44. B COMPLEX AND MULTI-VITAMIN PREPARATIONS OF GREAT USE

45. ENZYMES

Animal Enzymes

Vegetable Enzymes

Indications of enzyme Therapy

Gastro- Entropathy

Pancreopathy

Choleopathy and Hepatopathy

PART-II

FOODS

46. FRUITS

Fruits

Chemical Analysis of Fruits

Nutritive and Medicinal Value of Fruits

Effects of fruits on various systems of body

47. APPLE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Apple and Gastro-Intestinal Diseases

Stomach Diseases

How to prepare unfermented apple juice

How to prepare apple-cider

How to prepare Apple-cider Vinegar

Uses

Leaves

Bark

48. APRICOT

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Roots

49. BANANA

Food Value per 100 g. approximately: (one medium size)

Physiopharmacology and Therapeutics

Seeds

Method of use

Flower

Stem

Banana as a tonic-food

Banana as a medicine in Gastro-intestinal Disorders

Banana as an ideal-food in infections

Banana in Diabetes and Obesity

Banana in Heart, Kidney and Liver diseases

Banana in Lung diseases

Peel

Banana Flower

Stem

Leaves

50. BULLOCKS - HEART

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Bark

51. BREAD FRUIT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

52. CASHEW - FRUIT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Cashew-apple Juice
Cashew-apple Syrup
Cashew-apple Jam
Cashew-apple Candy
Cashew Wine

53. CHERRIES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

54. CUSTARD-APPLE

Food Values per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves

55. CURRANTS

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

56. DATES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

57. FIGS

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves

58. CLUSTER-FIGS

Physiopharmacology and Therapeutics
Leaves
Bark
Sap

59. GRAPES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Bark
How to prepare and preserve grape-juice
How to make good quality wines
Chemical Composition of wine

Uses of wine

Dangers of wine drinking

After-effects of various alcoholic beverages

Wine

Gin

Whisky

Brandy

Rum

Beer

Effect of alcohol on gravid uterus

How to stop drinking alcohol

60. GUAVA

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Bark

Flowers

How to make Guava-jelly

61. JACK-FRUIT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

Leaves

Sap

Wood

Jack-fruit Nectar

Jack-fruit Jelly

62. JAMBUL FRUIT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

Leaves

Bark

Seeds

63. CITRUS FRUITS

64. LIME

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Lime-Peel: (Lemonis cortex, B.P.)

Oil of Lemon: (Oleum-Limonis, B.P.)

Leaves

Seeds

How to prepare and preserve Lime-juice

How to prepare lime-barley water

Lime in vinegar

65. GRAPE-FRUIT

Food Value per 100 g. approximately

66. POMELO

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Peel

Seeds

Leaves

67. ORANGE

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Orange juice in Sports and hard labour
Peel
Flowers
How to make orange-squash
How to prepare orange-marmalade

68. BITTER-ORANGE

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Peel
Orange-Oil
Orange-Flowers

69. SWEET-ORANGE

70. GIANT- LEMON OR CITRON

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

71. LOQUAT

72. MANGO

Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Green Mango
Medicinal Uses of Green Mango
Sap
Peel
Mango pickle
Preparation method
Mango Chutney
Method of preparation

Mango Chutney (Sweet)
Method of preparation
Why mango-pickle gets spoiled?
Uses of Mango pickle
Ripe-Mango
How to Prevent the Spoilage of Mangoes
Medicinal Uses of Ripe Mango
Mango in the Treatment of Night Blindness
Mangoes in the Prevention of Infections
Seed
Leaves
Flowers
Bark
Gum
Mango Squash
Mango Preserve
Mango Leather: (Aam-papad)

73. WATER-MELON

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Water-melon as a Beauty Aid
Seeds

74. MUSKMELON

Peel
Seeds

75. PALMYRA

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Roots

76. PAPAYA

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Ripe Fruit

Seeds
Leaves
Root

77. PASSION FRUITS

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

78. PEACH

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

79. PEAR

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

80. PEAR-AVACADO

81. PINEAPPLE

A. Cosmosms

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

How to Prepare Pineapple Juice

Pineapple Jam

82. PLUMS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

83. POMEGRANATE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Sour Pomegranate

Seeds

Rind: or Granati Fructi Cortex. B.P.C.

Flowers

Leaves

Bark

84. RASPBERRY

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

85. STRAWBERRY

Food Value for 100 g. approximately
Physiopharmacology and Therapeutics

86. TOMATO OR LOVE APPLE

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

Raw Tomato

Ripe Tomato

Leaves

How to prepare Tomato Juice at Home and Preserve It

Tomato Ketchup

Method of Preparation

How to Grow Good Tomatoes at Home

Garden
Pests and Diseases of Tomato
Control of the Pest
Discuses
Septoria

87. TODDY PALM-FRUIT

Physiopharmacology and Therapeutics

88. WOOD-APPLE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Sap

89. ZIZYPHUS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves
Seeds
Bark

PART-III

MISCELLANEOUS FRU

90. LITCHI

Leaves
Seed

91. MANGOSTEEN

92. MULBERRY

93. LANGSAT

94. FOX-BERRY

95. KAMRAKH

96. BELAMBOO

97. SAPOTA

Chemical composition

98. PHALSA

99. PRUNS

Leaves

100. QUINCE

Quince-Seeds: Behi-dana: (Urdu, Hindi).

PART-IV

LEAFY AND NON-LEAFY VEGES

Carbohydrates in Vegetables

Proteins in Vegetables

Fats in Vegetables

Minerals in Vegetables

Vitamins in Vegetables

Fibres in Vegetables

Hormones in Vegetables

Pectin in Vegetables

Nitrogen in Vegetables

The magic Chlorophyll in Vegetables

What is Chlorophyll

What is the Function of Chlorophyll

Some Golden Tips about eating Vegetables

How to keep your Vegetables Fresh

101. AGATHI

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Fruits and Flowers
Root

102. ALTERNANTHERA SESSILIS

Root

103. AMARANTH

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

104. AMARANTHUS SPINOSUS

105. AMARANTHUS VIRIDUS

106. AMARANTHUS POLYGAMUS

107. BAMBOO

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Bamboo Candy

Bamboo Chutney (Sweet)

Canning of Bamboo in Syrup

Canning of Bamboo in Brine

Canning of bamboo in curried Vegetables

108. BAMBOO MANNA

Ingredients:

Uses

Dose

109. BATHUA LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

110. BENGAL GARM LEAVES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

111. BITTER SWEET

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Berries

112. BRUSSEL SPROUT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

113. CABBAGE

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

114. CARROT LEAVES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

115. CELERY

Food Value for 100 g. approximately
Physiopharmacology and Therapeutics
Root
Seeds

116. CORIANDER LEAVES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

117. CURRY LEAVES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Fruit
Bark

118. DRUM STICK LEAVES

Physiopharmacology and Therapeutics
Leaves

Vitamin A

Vitamin C Equal to:

Calcium

Fruits

Flowers

Bark

Root

Seeds

Gum

119. ENDIVE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Constituents

Seeds

Root

120. EVOLVULUS ALSONDIS

121. FENUGREEK

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

122. GARDEN CRESS

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Roots

123. INDIAN SORREL

Physiopharmacology and Therapeutics
Direction

124. IPOMOEA

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

125. KHESARI LEAVES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

126. LETTUCE

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

127. MINT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Menthol oil or (Oleum mentha pip B.P.C.)
Chemical Composition
Medicinal Uses
Menthol (Peppermint-ka-phool)
Medicina Menthol Mixture
Directions for use of Menthol mixture | uses of Menthol

Childrenâ€™s Colds

Cold in the head and chest

Sore throat and Colds

Influenza

Burns and Scalds

Minor cuts and Sores

Internal uses of Menthol Mixture

128. DILL-LEAVES

Physiopharmacology and Therapeutics

Dill seeds

Dill Seed Oil

129. RED SORREL

Physiopharmacology and Therapeutics

Root

130. SPINACH

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics
Indications of Spinach in Pediatrics
Indications of Spinach in Pregnancy
How to prevent Spinach spoilage

PART-V

MISCELLANEOUS VEGET

131. ARTHICHOKE

Physiopharmacology and Therapeutics

132. ASPARAGUS ADSCENDENS

Physiopharmacology and Therapeutics

133. ASPARAGUS-SARMENTOSUS

Physiopharmacology and Therapeutics \

134. ATRIPLEX

Physiopharmacology and Therapeutics

135. ALLIUM ASCALONICUM

Physiopharmacology and Therapeutics

136. BOERHAAVIA DIFFUSA

Physiopharmacology and Therapeutics
Root

137. BRAHAMI

Physiopharmacology and Therapeutics
Chemical Composition
Brahmi Hair Oil
Method of preparation

138. COLEUS AROMATICUS

Physiopharmacology and Therapeutics

139. COLEUS PERVIFLOROUS

140. CANNA EDULIS

141. FLYSANTHUS HYSSOPIODES

142. OLDENLANDIA

143. PARSLANE

Physiopharmacology and Therapeutics
Seeds

144. THICK LEAVED LAVENDER

Physiopharmacology and Therapeutics

145. TRICHODESMA INDICUM

PART-VI

NON-LEAFY VEGETAB

146. AMLA

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Comparative food value of Amla
Amla Hair Oil
Preparation
Method of preparation
Seeds
Bark
Leaves

147. STAR-GOOSE BERRY

148. ASH GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Petha Sweet-meat or Candy

Seeds

Peel

149. BITTER GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Roots

150. BOTTLE GOURD

Physiopharmacology and Therapeutics

Bottle gourd candy or halwa

Preparation Method

Uses

Peel

151. BRINJAL

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

152. BROAD BEANS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

153. DOUBLE BEANS

154. CALABASH CUCUMBER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds and Leaves

155. CAULIFLOWER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

156. CHOCHO MARROW

Food Value per 100 g. approximately
Physio pharmacology and Therapeutics

157. CLUSTER BEANS

Food Value per 100 g. approximately

158. CUCUMBER

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Root

159. FRENCH BEANS

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

160. GOA BEANS

Physiopharmacology and Therapeutics

161. KANDORI

Physiopharmacology and Therapeutics

162. KHAMRAK

163. LADYS FINGER

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

Leaves

Roots

164. PEAS

Food Value per 100 g. approximately (3/4 cup)
Physiopharmacology and Therapeutics

165. PUMPKIN

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

Seeds

Leaves

166. CUCURBITA PEPO

167. RIDGE GOURD

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Root

168. BITTER RIDGE GOURD

Physiopharmacology and Therapeutics
Leaves

169. SNAKE GOURD

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves

170. WILD SNAKE GOURD

Leaves

Seeds

Roots

171. PARWAL

172. SOYA-BEAN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Comparative food value of Soya-bean

Soya-bean milk

Comparative value of Soya-bean Milk with Cow's Milk

Soya-bean curds

Toxic factor in Soya-bean

173. SUNDAKAI

Food value per 100 g. approximately

174. SWORD-BEAN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Roots

PART-VII

ROOTS AND TUBERS

175. BEET ROOT

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

176. CARROT

Food Value per 100 g. approximately (1 large),

Physiopharmacology and Therapeutics

Seeds

Spiced Carrot Juice

Carrot Halwa (Halwa-e-Gazar).

177. COLOCASIA

Food Value per 100 g. approximately.

Physiopharmacology and Therapeutics

Leaves

178. ONION

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

179. POTATO

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

180. RADISH

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

181. SWEET POTATO

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

182. TAPIOCA

Food Value per 100 g. approximately

183. TURNIP

Food Value per 100 g. approximately

Seeds

184. YAM

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

PART-VIII

NUTS AND OIL SEEDS

185. ALMOND

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Comparative food value of almonds
Almond Syrup
Almond oil: (Oleum amygdale B.P.)
Almond Shell

186. BRAZIL NUT

Food Value per 100 g. approximately

187. BUTTER-NUTS

Food value per 15 g. approximately

188. CASHEW NUT

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Bark

189. COCONUT

Food Value per 100 g. approximately

Mythological Background of Coconut Tree

The Fruit

Kernel

Cancer and Coconut

Dry Kernel or Copra

Tender Coconut Water or (Eleneer)

Medicinal Uses of Tender Coconut Water

Tender Coconut Water in Cholera

Tender Coconut Water as a Substitute for Normal Saline

Tender Coconut Water in Infections

Tender Coconut Water as a Cosmetic

Coconut Oil: (Oleum cocois B.P.)

Uses of Coconut Oil

Flower

Coir

Shell
Coconut Toddy
Leaves
Stem
Roots

190. CHESTNUT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

191. COBNUT

Food Value per 100g. approximately

192. CUDPAHNUTS OR ALMONDS

Physiopharmacology and Therapeutics

193. FILBERT NUT

Physiopharmacology and Therapeutics

194. GROUNDNUT OR PEANUT

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Essential Amino Acids (per 100 g. proteins)

Comparative Food Value of Groundnuts

Groundnuts in Obesity

Groundnuts in Diabetes

Groundnuts in Cardiovascular Disorders

Preparation of Groundnut Milk

Chemical Composition of Groundnut Milk

Uses of Groundnut Milk

Preparation of Curds

Food Value of groundnut curds per 100 g.

Fear of Cancer by Eating Groundnuts

Groundnut Butter

Groundnut Candies

Groundnut Biscuits

Groundnut Oil (oleum Arachis B.P.C.)

Groundnut Cake

195. PISTACHIONUT

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

196. WALNUT

Food Value per 100g. approximately
Physiopharmacology and Therapeutics
Leaves
Bark

197. WATER CHESTNUT

Physiochemical Characteristics of Water Chestnut
Physiopharmacology and Therapeutics

198. CASTOR SEED

Physiopharmacology and Therapeutics
Castor Oil (oleum Ricini B.P.)
Chemistry of Castor Oil
Chemical Composition
Castor Leaves
Roots

199. COTTON SEED

Physiopharmacology and Therapeutics

Cotton seeds

Cotton Seed Oil (Oleum Gossypii seminis, B.P.)

Leaves

Flowers

Bark

200. GINGELLY SEEDS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Gingelly Oil (Oleum Sesami B.P.C.)

Leaves

201. OLIVE OIL

Physiopharmacology and Therapeutics

Chemical Composition

202. SAFFLOWER SEED

Physiopharmacology and Therapeutics

Flowers
Safflower Oil

203. SUNFLOWER SEEDS

Physiopharmacology and Therapeutics

PART-IX

CEREALS OR MILLETS

204. BAJARA

Food Value per 100 g. approximately
Medicinal Value

205. BARLEY

Food Value per 100 g. approximately
Medicinal Value

206. OATS

Food value per 100 g. approximately

207. JAWAR

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

208. ITALIAN MILLET

Food Value per 100 g. approximately

209. MAIZE

Food Value per 100 g. approximately
Medicinal Value

210. RAGI

Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics
How to Prepare Good Quality Ragi Malt
Food Value of the malt per 100 g. approximately

211. RICE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Physical Structure of Rice

Digestibility of Rice

Effect of par-boiling Paddy

Nutritive Value of Fermented Rice

212. ROUGH CHAFF

Food Value per cent approximately

Essential Amino Acids per 16 g N (per cent)

Physiopharmacology and Therapeutics

213. WHEAT

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

Physical Structure of Wheat

Chemical composition of Endosperm per 100 g.
approximately

Chemical composition of bran per 100 g. approximately

Chemical composition of germ per 100 g. approximately

Wheat Products

Whole Wheat Flour

White Wheat Flour

Semolina (Soji or Rava)

Brown Bread (whole wheat flour)

White Bread

Digestibility of Bread

How to Select a Good Quality Bread

Chapaties

Macaroni

214. FAREX

PULSES

215. BENGAL GRAM

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

216. BLACK GRAM

Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics
How to Prepare Good Quality Papad
(Black gram dal wafers)
Method of Preparation
Leaves
Roots

217. COW-GRAM

Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics

218. FIELD BEAN

Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics

219. GREEN GRAM

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

220. HORSE GRAM

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

Horse Gram in the Treatment of Urinary Calculi

How Urinary Stones are Formed

Kinds of Urinary Stones or Calculi

1. Phosphatic Calculi

2. Uric acid Calculi

3. Oxalate Calculi

4. Cystine Calculi

5. Xanthine Calculi

6. Staghorn Calculi

Signs and Symptoms of Urinary Stones

Management of Renal Colic Leaves

221. KHESRI DAL

Physiopharmacology and Therapeutics

222. LENTIL

Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics

223. RED-GRAM

Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Medicinal Value

PART-XI

SPICES

Uses of Spices

224. ASAFOETIDA

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Hing in Gynaecology and Obstetrics

225. CARDAMOM

Food Value per 100 g. approximately (Nelliampathy
Estate Cardamom seeds)
Physiopharmacology and Therapeutics

226. CHILLIES

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

Rutin
Red Chillies

227. CINNAMON

Physiopharmacology and Therapeutics
Cinnamon Oil (Oleum cinnamomi, B.P.)
Chemical Composition

228. CLOVE

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Clove Oil (Oleum caryophylli B.P.)
Chemical Composition

229. CORIANDER

Physiopharmacology and Therapeutics
Chemical Composition

230. CUMIN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

231. GARLIC

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Garlic is an Excellent Tonic

Preparation of Makradhwaja

Chemical Composition

Pharmacological Action

Therapeutics of Makradhwaja

232. GINGER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

233. MACE AND NUTMEG

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Nutmeg
Nutmeg Oil. Oleum Myristicae B.P.
Chemical Composition

234. OMUM

Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Ajowan Oil (Oleum Ajowan I.C.A.)
Chemical Composition
Thymol (Ajowan ka-phool or Sat-e-ajowan, B.P.)

235. PEPPER

Food value per 100 g. approximately
Physiopharmacology and Therapeutics

Chemical Composition Confectio Pepper

236. SAUNF

Physiopharmacology and Therapeutics

Chemical Composition

Saunf Oil (Oleum foeniculi B.P.C.)

Leaves

Root

237. SINAPIS

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Mustard Oil (Oleum sinapis expressum)

238. TAMARIND

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

238. TAMARIND

Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Leaves
Flowers
Bark
Seed

239. TURMERIC

Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

PART-XII

MISCELLANEOUS FOODS

240. ARECA NUT

Food Value per 100 g. approximately
Medicinal Value

Chemical Composition

241. ARROWROOT

Food Value per 100 g. approximately
Medicinal value

242. BETEL LEAVES

Food Value per 100 g. approximately
Medicinal Value

Oral Cancer and Betel Leaves Chewing

What is Cancer ?

What Causes Cancer ?

Which are the Most Common Sites of Cancer ?

Who Gets Cancer Easily ?

Is Cancer Curable ?

How to Detect Early Cancer ?

How Betel-chewing Causes Cancer ?

Clinical Findings in Group A

The Factors that Cause Cancer by Chewing Betel Leaves

How to prevent and cure oral cancer

Other uses of betel leaves

243. COCOA SUGAR

Food Value per cup of cocoa
(milk 8 ozs, cocoa 6 g. sugar 15 g.)

Medicinal Value

Chemical Composition of Cocoa

244. COFFEE

Food Value per cupful of coffee having 6 ounces
decoction, 2 ounces milk and 15 g. sugar.

Physiopharmacology and Therapeutics

Difference between C. Arabica and C. Robusta

C. Arabica

C. Robusta

Chemical Composition of Coffee per cent

Roasting and Grinding

How to Prepare Good Coffee

Uses of Coffee

Bad Effects of Coffee

249. SUGAR

250. TEA

How to Prepare Good Tea

Uses of Tea

Bad Effects of Drinking Tea in Excess

Foods Rich in Fluorides (Dry foods ppm)

How Hyperfluoridation Occurs

Signs and Symptoms of Hyperfluorosis

Defluoridation of Water

251. VINEGAR

Vinegar or Sirka

252. YEAST

Food Value per 100 g. approximately

Medicinal Value

Caution

253. Poppy Seeds

NPCS, Niir, Process technology books, Business consultancy, Business consultant, Project identification and selection, Preparation of Project Profiles, Startup, Business guidance, Business guidance to clients, Startup ideas, Project for startups, Startup project plan, Business start-up, Business Plan for a Startup Business, Great Opportunity for Startup, Small Start-up Business Project, Herbs, spices and their traditional medicinal uses , herbal foods, medicinal herbs, best 12 foods and herbs, medicinal uses of mint, amla for hair growth, uses and benefits of cucumber, benefits of soy milk, uses of almond oil, medicinal uses of coconut water, uses of groundnut milk, health benefits of garlic, benefits of tamarind, medicinal value of cocoa, how to prepare good coffee, uses of coffee, bad effects of coffee, bad effects of drinking tea in excess, medicinal value of yeast, bad effects of excessive use of carbohydrates, amino acids, general symptoms of calcium deficiency, general symptoms of hypercalcemia, iron deficiency during pregnancy and childhood, how to prevent and cure Vitamin D Deficiency, Nutritive And Medicinal Value Of Fruits, How To Prepare And Preserve Grape-Juice, Sources of Fats, How to Cure Iron Deficiency?, Foods rich in vitamin B1, Foods rich in Vitamin B6, Importance of folic acid, How to prevent and cure Vitamin C deficiency,

How to make good quality wines, How to make Guava-jelly, Medicinal Uses of Ripe Mango, Pests and Diseases of Tomato, What is the Function of Chlorophyll, Reasons For Vitamin Deficiency, Horse Gram in the Treatment of Urinary Calculi, Signs and Symptoms of Urinary Stones, What is Cancer ?, What Causes Cancer ?, Bad Effects of Coffee, What is enzyme, How to prepare Apple-cider Vinegar, How to stop drinking alcohol, sugar, tea, vinegar, yeast, Poppy Seeds, cocoa sugar, coffee, arrowroot, betel leaves, tamarind, turmeric, areca nut, saunf, sinapis, tamarind, cumin, garlic, ginger, cinnamon, clove, coriander, asafoetida, cardamom, chillies, lentil, red-gram, green gram, horse gram, black gram, cow-gram, Herbs, Medicinal plants, Herbal products, Classification, medicinal plants and their uses, importance of medicinal plants, indian medicinal plants and their uses, medicinal plants and their scientific names, medicinal plants in india, Herbal Medicine, Herbal Foods And Its Medicinal Values, herbal medicine industry, herbal supplements and remedies, Herbal Beauty Products, Natural Herbs, Herbs Uses, Medicinal Herbs, Organic Foods, Ayurvedic Medicine, Amla Benefits And Uses, Benefits of Amla Juice, Health Benefits of Bananas, How to Prevent the Spoilage of Mangoes, Internal uses of Menthol Mixture, Almond Syrup, Fear of Cancer by Eating Groundnuts,

Chemical Composition of Groundnut Milk, Chemical Composition castor seed, Medicinal Value of maize, Essential Amino Acids, Chemical composition of Endosperm, Kinds of Urinary Stones or Calculi, Management of Renal Colic, How to Detect Early Cancer?, What is cancer?, Chemical Composition of Coffee Fruits, Vegetables, Herbs, Spices, Nuts and seeds, Phytonutrients, herbs for health and healing, medicinal herbs and their uses, medicinal plants and their uses.

Niir Project Consultancy Services (NPCS)

can provide Process Technology Book on

Herbal Foods and its Medicinal Values

See more

<https://goo.gl/B5sgQQ>

<https://goo.gl/HdATS6>

Visit us at

www.entrepreneurindia.co



**Take a look at
Niir Project Consultancy Services
on #Street View**

<https://goo.gl/VstWkd>

***Locate us on
Google Maps***

<https://goo.gl/maps/BKkUtq9gevT2>

OUR CLIENTS

Our inexhaustible Client list includes public-sector companies, Corporate Houses, Government undertaking, individual entrepreneurs, NRI, Foreign investors, non-profit organizations and educational institutions from all parts of the World. The list is just a glimpse of our esteemed & satisfied Clients.

Click here to take a look
<https://goo.gl/G3ICjV>



Free Instant Online Project Identification & Selection Search Facility

Selection process starts with the generation of a product idea. In order to select the most promising project, the entrepreneur needs to generate a few ideas about the possible projects.

Here's we offer a best and easiest way for every entrepreneur to searching criteria of projects on our website www.entrepreneurindia.co that is "Instant Online Project Identification and Selection"

NPCS Team has simplified the process for you by providing a "[Free Instant Online Project Identification & Selection](#)" search facility to identify projects based on multiple search parameters related to project costs namely: Plant & Machinery Cost, Total Capital Investment, Cost of the project, Rate of Return% (ROR) and Break Even Point % (BEP). You can sort the projects on the basis of mentioned pointers and identify a suitable project matching your investment requisites.

Click here to go

<http://www.entrepreneurindia.co/project-identification>

Contact us

Niir Project Consultancy Services

106-E, Kamla Nagar, Opp. Spark Mall,

New Delhi-110007, India.

Email: npcs.ei@gmail.com , info@entrepreneurindia.co

Tel: +91-11-23843955, 23845654, 23845886, 8800733955

Mobile: +91-9811043595

Fax: +91-11-23845886

Website : www.entrepreneurindia.co , www.niir.org

Take a look at NIIR PROJECT CONSULTANCY SERVICES on

#StreetView

<https://goo.gl/VstWkd>



NIIR PROJECT CONSULTANCY SERVICES

An ISO 9001:2008 Company

Who are we?

- *One of the leading reliable names in industrial world for providing the most comprehensive technical consulting services*
- *We adopt a systematic approach to provide the strong fundamental support needed for the effective delivery of services to our Clients' in India & abroad*



We at NPCS want to grow with you by providing solutions scale to suit your new operations and help you reduce risk and give a high return on application investments. We have successfully achieved top-notch quality standards with a high level of customer appreciation resulting in long lasting relation and large amount of referral work through technological breakthrough and innovative concepts. A large number of our Indian, Overseas and NRI Clients have appreciated our expertise for excellence which speaks volumes about our commitment and dedication to every client's success.



We bring deep, functional expertise, but are known for our holistic perspective: we capture value across boundaries and between the silos of any organization. We have proven a multiplier effect from optimizing the sum of the parts, not just the individual pieces. We actively encourage a culture of innovation, which facilitates the development of new technologies and ensures a high quality product.



What do we offer?

- *Project Identification*
- *Detailed Project Reports/Pre-feasibility Reports*
- *Business Plan*
- *Industry Trends*
- *Market Research Reports*
- *Technology Books and Directory*
- *Databases on CD-ROM*
- *Laboratory Testing Services*
- *Turnkey Project Consultancy/Solutions*
- *Entrepreneur India (An Industrial Monthly Journal)*



How are we different ?

- *We have two decades long experience in project consultancy and market research field*
- *We empower our customers with the prerequisite know-how to take sound business decisions*
- *We help catalyze business growth by providing distinctive and profound market analysis*
- *We serve a wide array of customers , from individual entrepreneurs to Corporations and Foreign Investors*
- *We use authentic & reliable sources to ensure business precision*



Our Approach

Requirement collection

Thorough analysis of the project

Economic feasibility study of the Project

Market potential survey/research

Report Compilation

Who do we serve?

- *Public-sector Companies*
- *Corporates*
- *Government Undertakings*
- *Individual Entrepreneurs*
- *NRI's*
- *Foreign Investors*
- *Non-profit Organizations, NBFC's*
- *Educational Institutions*
- *Embassies & Consulates*
- *Consultancies*
- *Industry / trade associations*

Sectors We Cover

- *Ayurvedic And Herbal Medicines, Herbal Cosmetics*
- *Alcoholic And Non Alcoholic Beverages, Drinks*
- *Adhesives, Industrial Adhesive, Sealants, Glues, Gum & Resin*
- *Activated Carbon & Activated Charcoal*
- *Aluminium And Aluminium Extrusion Profiles & Sections,*
- *Bio-fertilizers And Biotechnology*
- *Breakfast Snacks And Cereal Food*
- *Bicycle Tyres & Tubes, Bicycle Parts, Bicycle Assembling*

- *Bamboo And Cane Based Projects*
- *Building Materials And Construction Projects*
- *Biodegradable & Bioplastic Based Projects*
- *Chemicals (Organic And Inorganic)*
- *Confectionery, Bakery/Baking And Other Food*
- *Cereal Processing*
- *Coconut And Coconut Based Products*
- *Cold Storage For Fruits & Vegetables*
- *Coal & Coal Byproduct*

- *Copper & Copper Based Projects*
- *Dairy/Milk Processing*
- *Disinfectants, Pesticides, Insecticides, Mosquito Repellents,*
- *Electrical, Electronic And Computer based Projects*
- *Essential Oils, Oils & Fats And Allied*
- *Engineering Goods*
- *Fibre Glass & Float Glass*
- *Fast Moving Consumer Goods*
- *Food, Bakery, Agro Processing*

- *Fruits & Vegetables Processing*
- *Ferro Alloys Based Projects*
- *Fertilizers & Biofertilizers*
- *Ginger & Ginger Based Projects*
- *Herbs And Medicinal Cultivation And Jatropha (Biofuel)*
- *Hotel & Hospitability Projects*
- *Hospital Based Projects*
- *Herbal Based Projects*
- *Inks, Stationery And Export Industries*

- *Infrastructure Projects*
- *Jute & Jute Based Products*
- *Leather And Leather Based Projects*
- *Leisure & Entertainment Based Projects*
- *Livestock Farming Of Birds & Animals*
- *Minerals And Minerals*
- *Maize Processing(Wet Milling) & Maize Based Projects*
- *Medical Plastics, Disposables Plastic Syringe, Blood Bags*
- *Organic Farming, Neem Products Etc.*

- *Paints, Pigments, Varnish & Lacquer*
- *Paper And Paper Board, Paper Recycling Projects*
- *Printing Inks*
- *Packaging Based Projects*
- *Perfumes, Cosmetics And Flavours*
- *Power Generation Based Projects & Renewable Energy Based Projects*
- *Pharmaceuticals And Drugs*
- *Plantations, Farming And Cultivations*
- *Plastic Film, Plastic Waste And Plastic Compounds*
- *Plastic, PVC, PET, HDPE, LDPE Etc.*

- *Potato And Potato Based Projects*
- *Printing And Packaging*
- *Real Estate, Leisure And Hospitality*
- *Rubber And Rubber Products*
- *Soaps And Detergents*
- *Stationary Products*
- *Spices And Snacks Food*
- *Steel & Steel Products*
- *Textile Auxiliary And Chemicals*

- *Township & Residential Complex*
- *Textiles And Readymade Garments*
- *Waste Management & Recycling*
- *Wood & Wood Products*
- *Water Industry(Packaged Drinking Water & Mineral Water)*
- *Wire & Cable*

Contact us

Niir Project Consultancy Services

106-E, Kamla Nagar, Opp. Spark Mall,

New Delhi-110007, India.

Email: npcs.ei@gmail.com , info@entrepreneurindia.co

Tel: +91-11-23843955, 23845654, 23845886, 8800733955

Mobile: +91-9811043595

Fax: +91-11-2385886

Website : www.entrepreneurindia.co , www.niir.org

Take a look at NIIR PROJECT CONSULTANCY SERVICES on

#StreetView

<https://goo.gl/VstWkd>



Follow Us



➤ <https://www.linkedin.com/company/niir-project-consultancy-services>



➤ <https://www.facebook.com/NIIR.ORG>



➤ <https://www.youtube.com/user/NIIRproject>



➤ <https://plus.google.com/+EntrepreneurIndiaNewDelhi>



➤ https://twitter.com/npcs_in



➤ <https://www.pinterest.com/npcsindia/>



THANK YOU!!!

For more information, visit us at:

www.entrepreneurindia.co