

Herbal Foods 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)

Description:

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.

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