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## Herbal Foods and its Medicinal Values

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## 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 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.

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Leaves

Bark

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics



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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food value per 100 g. approximately

Physiopharmacology and Therapeutics

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Method of preparation

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Method of preparation

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Root

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Leaves

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value for 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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PART-III

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PART-IV

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Fruits and Flowers

Root

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Root

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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105. AMARANTHUS VIRIDUS

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Bamboo Chutney (Sweet)

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Canning of bamboo in curried Vegetables

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value for 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Bark

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Physiopharmacology and Therapeutics

Leaves

Vitamin A

Vitamin C Equal to:

Calcium

Fruits



Flowers

Bark

Root

Seeds

Gum

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Constituents

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Root

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

Roots

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

#### 126. LETTUCE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Menthol oil or (Oleum mentha pip B.P.C.)

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Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

133. ASPARAGUS-SARMENTOSUS

Physiopharmacology and Therapeutics

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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

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Physiopharmacology and Therapeutics

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PART-VI

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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. LADY'S 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

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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

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Cancer and Coconut

Dry Kernel or Copra

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Medicinal Uses of Tender Coconut Water

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Tender Coconut Water in Infections

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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  
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

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

245. HONEY

Food Value per 100 g. 5 table spoons approximately

Chemical Composition

Physiopharmacology and Therapeutics

Honey Comb

246. KOLA

Medicinal Uses

Chemical Composition

247. SAGO

Food Value per 100 g. approximately

Medicinal Value

248. SUGAR CANE

Food Value per 100 g. approximately

Medicinal Value

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

## **About NIIR Project Consultancy Services (NPCS)**

NIIR Project Consultancy Services (NPCS) is a reliable name in the industrial world for offering integrated technical consultancy services. Its various services are: Pre-feasibility study, New Project Identification, Project Feasibility and Market Study, Identification of Profitable Industrial Project Opportunities, Preparation of Project Profiles and Pre-Investment and Pre-Feasibility Studies, Market Surveys and Studies, Preparation of Techno-Economic Feasibility Reports, Identification and Selection of Plant and Machinery, Manufacturing Process and/or Equipment required, General Guidance, Technical and Commercial Counseling for setting up new industrial projects and industry. NPCS also publishes various technology books, directories, databases, detailed project reports, market survey reports on various industries and profit making business. Besides being used by manufacturers, industrialists, and entrepreneurs, our publications are also used by Indian and overseas professionals including project engineers, information services bureaus, consultants and consultancy firms as one of the inputs in their research.

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