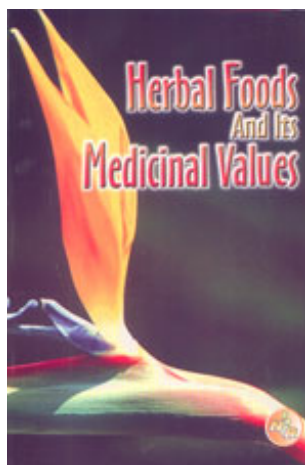


Herbal Foods and its Medicinal Values



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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. 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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Food Value per 100 g. approximately

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Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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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

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Food Value per 100 g. approximately

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds and Leaves

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physio pharmacology and Therapeutics

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Food Value per 100 g. approximately

158. CUCUMBER

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 (3/4 cup)

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

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Food Value per 100 g. approximately

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Food Value per 100 g. approximately

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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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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

Leaves

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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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Food Value per 100 g. approximately

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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

Physiopharmacology and Therapeutics

Comparative food value of almonds

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Almond Shell

186. BRAZIL NUT

Food Value per 100 g. approximately

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Food value per 15 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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Leaves

Flowers

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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

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.

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National Institute of Industrial Research , 106-E, Kamla Nagar, New Delhi-110007, India. **Email:** niir@vsnl.com **Website:** NIIR.org

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