

# 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. 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.

## 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 (PTEROYLGLTUAMIC 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 Nicoinic 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

Cholepathy 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)

Medicinal uses of Menthol

Menthol Mixture

Directions for use of Menthol mixture

Children'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

Brahami 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

Physiopharmacology 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

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

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. NPCS is manned by engineers, planners, specialists, financial experts, economic analysts and design specialists with extensive experience in the related industries.

Our various services are: Detailed Project Report, Business Plan for Manufacturing Plant, Start-up Ideas, Business Ideas for Entrepreneurs, Start up Business Opportunities, entrepreneurship projects, Successful Business Plan, Industry Trends, Market Research, Manufacturing Process, Machinery, Raw Materials, project report, Cost and Revenue, Pre-feasibility study for Profitable Manufacturing Business, Project Identification, Project Feasibility and Market Study, Identification of Profitable Industrial Project Opportunities, Business Opportunities, Investment Opportunities for Most Profitable Business in India, Manufacturing Business Ideas, Preparation of Project Profile, Pre-Investment and Pre-Feasibility Study, Market Research Study,



Preparation of Techno-Economic Feasibility Report, Identification and Section of Plant, Process, Equipment, General Guidance, Startup Help, Technical and Commercial Counseling for setting up new industrial project and Most Profitable Small Scale Business.

NPCS also publishes various process technology, technical, reference, self employment and startup books, directory, business and industry database, bankable detailed project report, market research report on various industries, small scale industry and profit making business. Besides being used by manufacturers, industrialists and entrepreneurs, our publications are also used by professionals including project engineers, information services bureau, consultants and project consultancy firms as one of the input in their research.

Our Detailed Project report aims at providing all the critical data required by any entrepreneur vying to venture into Project. While expanding a current business or while venturing into new business, entrepreneurs are often faced with the dilemma of zeroing in on a suitable product/line.

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