

Herbal Foods and its Medicinal Values



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About the Book

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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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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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

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PART-III

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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 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

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Calcium

Fruits

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Bark

Root

Seeds

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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

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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

Comparative food value of Amla

Amla Hair Oil

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Method of preparation

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Petha Sweet-meat or Candy

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149. BITTER GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

Bottle gourd candy or halwa

Preparation Method

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Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
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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

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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

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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. LADYâ€™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

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166. CUCURBITA PEPO

167. RIDGE GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Root

168. BITTER RIDGE GOURD

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

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Leaves

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Roots

171. PARWAL

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Soya-bean milk

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

Soya-bean curds

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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

Leaves

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

Physiopharmacology and Therapeutics

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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

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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

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Food Value per 100 g. approximately

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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

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Essential Amino Acids (per 100 g. proteins)

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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

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