AN ISO 9001 : 2015 CERTIFIED COMPANY

# Herbal Foods and its Medicinal Values

FREE SAMPLE: contents and introduction of the 768-page book
**Price: Rs 1,275 | US$ 33.95**

**Order the full book >**

AN ISO 9001 : 2015 CERTIFIED COMPANY

**Author:** H. Panda
**Format:** paperback
**Code:** NI96
**Pages:** 768
**Price:** Rs 1,275 | US$ 33.95
**Publisher:** NIIR PROJECT CONSULTANCY SERVICES
**Shipping:** 5 days

## 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.

## Contents

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 Theraphy
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. Hartnupâ€™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.
Pharmocodynamic 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./l00 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 corter, 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
Childrenâ€™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
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. 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
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. appoximately
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 l00 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

## Get the full book

This sample shows only the contents and introduction. The full book has every chapter.
**Price:** Rs 1,275 | US$ 33.95
**Delivery:** Shipped within 5 working days of payment
**Order online:** niir.org/books/herbal-foods-medicinal-values/ **WhatsApp:** +91 9097-075-054

**Planning a unit? NPCS project reports:**

- Calcium Carbonate project report
- Copper Sulphate project report
- DI Calcium Phosphate project report
- Magnesium Sulphate project report

**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, Market Research, Manufacturing Process, Machinery, Raw Materials, Project Feasibility, Investment Opportunities, Technical Consultancy and Startup Help.

NPCS also publishes process technology books, technical books, startup books, directory, business database, detailed project reports and market research reports.

Our Detailed Project Report aims at providing all the critical data required by entrepreneurs for starting new business ventures.

**NIIR PROJECT CONSULTANCY SERVICES**
106-E, Kamla Nagar, New Delhi-110007, India

**Email:** npcs.india@gmail.com **Website:** https://www.niir.org/

Scan to order the full book on niir.org