

# 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.

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately: (one medium size)

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Leaves

Bark

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
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Physiopharmacology and Therapeutics  
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Food Value per 100 g. approximately  
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Leaves

Bark

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Physiopharmacology and Therapeutics  
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Food Value per 100 g. approximately

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Food value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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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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Seeds

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Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

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Food Value for 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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PART-III

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93. LANGSAT

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97. SAPOTA

Chemical composition

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Quince-Seeds: Behi-dana: (Urdu, Hindi).

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Fruits and Flowers

Root

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Root

103. AMARANTH

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

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107. BAMBOO

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

111. BITTER SWEET

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value for 100 g. approximately

Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

117. CURRY LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Physiopharmacology and Therapeutics

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Vitamin A

Vitamin C Equal to:

Calcium

Fruits

Flowers

Bark

Root

Seeds

Gum

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Constituents

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

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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

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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

Chemical Composition

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Physiopharmacology and Therapeutics

Dill seeds

Dill Seed Oil

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Physiopharmacology and Therapeutics

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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PART-V

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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

### 136. BOERHAAVIA DIFFUSA

Physiopharmacology and Therapeutics

Root

### 137. BRAHAMI

Physiopharmacology and Therapeutics

Chemical Composition

Brahami Hair Oil

Method of preparation

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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

Physiopharmacology and Therapeutics

Comparative food value of Amla

Amla Hair Oil

Preparation

Method of preparation

Seeds

Bark

Leaves

147. STAR-GOOSE BERRY

148. ASH GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Petha Sweet-meat or Candy

Seeds

Peel

149. BITTER GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Roots

150. BOTTLE GOURD

Physiopharmacology and Therapeutics

Bottle gourd candy or halwa

Preparation Method

Uses

Peel

151. BRINJAL

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

152. BROAD BEANS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

153. DOUBLE BEANS

154. CALABASH CUCUMBER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds and Leaves

155. CAULIFLOWER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

156. CHOCHO MARROW

Food Value per 100 g. approximately

Physio pharmacology and Therapeutics

157. CLUSTER BEANS

Food Value per 100 g. approximately

158. CUCUMBER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

Leaves

Root

159. FRENCH BEANS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

160. GOA BEANS

Physiopharmacology and Therapeutics

161. KANDORI

Physiopharmacology and Therapeutics

162. KHAMRAK

163. LADY'S FINGER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Roots

164. PEAS

Food Value per 100 g. approximately (3/4 cup)

Physiopharmacology and Therapeutics

165. PUMPKIN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Leaves

166. CUCURBITA PEPO

167. RIDGE GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

Leaves

Root

168. BITTER RIDGE GOURD

Physiopharmacology and Therapeutics

Leaves

169. SNAKE GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

170. WILD SNAKE GOURD

Leaves

Seeds

Roots

171. PARWAL

172. SOYA-BEAN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Comparative food value of Soya-bean

Soya-bean milk

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

Soya-bean curds

Toxic factor in Soya-bean

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Food value per 100 g. approximately

174. SWORD-BEAN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Roots

PART-VII

ROOTS AND TUBERS



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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  
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Tender Coconut Water as a Substitute for Normal Saline  
Tender Coconut Water in Infections  
Tender Coconut Water as a Cosmetic  
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Uses of Coconut Oil  
Flower  
Coir  
Shell  
Coconut Toddy  
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Stem  
Roots  
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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  
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,



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