

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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Physiopharmacology and Therapeutics

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Leaves

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Leaves

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

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Food value per 100 g. approximately

Physiopharmacology and Therapeutics

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Method of preparation

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Method of preparation

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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
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

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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

Fruits and Flowers

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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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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

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Bark

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Physiopharmacology and Therapeutics

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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

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Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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Roots

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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

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

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Physiopharmacology and Therapeutics

Dill seeds

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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

138. COLEUS AROMATICUS

Physiopharmacology and Therapeutics

139. COLEUS PERVIFLOROUS

140. CANNA EDULIS

141. FLYSANTHUS HYSSOPIODES

142. OLDENLANDIA

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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

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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

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

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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

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Soya-bean milk

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Soya-bean curds

Toxic factor in Soya-bean

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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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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

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Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

180. RADISH

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

About NIIR

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