

# Herbal Foods and its Medicinal Values

**Author:** H. Panda

**Format:** Paperback

**ISBN:** 8186623744

**Code:** NI96

**Pages:** 768

**Price:** Rs. 1,275.00 US\$ 33.95

**Publisher:** National Institute of Industrial Research

Usually ships within **5** days

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 Therapy

#### 6. PHOSPHORUS

Diseases Caused by Phosphorus Deficiency  
Phosphorus Patents

#### 7. IRON

Foods Rich in Iron: (in mg. per 100 g.)  
Daily Requirement  
Absorption and Excretion  
General Deficiency of Iron  
Signs and Symptoms of Iron Deficiency  
Iron Deficiency during Pregnancy and Childhood  
Effects of Iron Deficiency during Childhood  
Clinical Manifestations of Iron Deficiency  
How to Cure Iron Deficiency?  
Effects of Excessive use of Iron

Iron Intoxication

#### 8. POTASSIUM

Foods Rich in Potassium (In mg. per 100 G.)  
Deficiency Signs and Symptoms of Potassium

## 9. SODIUM

Sodium Phosphate

Sodium Sulphate

## 10. IODINE

## 11. SULPHUR

## 12. MAGNESIUM

## 13. CHLORINE

## 14. MANGANESE

## 15. COPPER

## 16. FLUORINE

## 17. MOLYBDENUM

## 18. COBALT

## 19. SILICON

## 20. ZINC

## 21. VITAMINS

Fat-Soluble-Vitamins

## 22. VITAMIN A

Chemistry of Vitamin A

Foods rich in Vitamin A

Some Indian Food preparations rich in Vitamin A

Daily requirement of Vitamin A

Pharmacodynamic action of Vitamin A

Absorption and excretion of Vitamin A

Signs and symptoms of Vitamin A deficiency

Clinical manifestations of Vitamin A

Indications of Vitamin A Therapy (Preventive and Curative

Some combined preparation of Vitamin A

## 23. VITAMIN D

Pharmacodynamics of Vitamin D

Chemistry of Vitamin D

Foods rich in Vitamin D

Daily Requirement of Vitamin D

Signs and Symptoms of Vitamin D deficiency

How to prevent and cure Vitamin D deficiency

Indications of Vitamin D Therapy

Hypervitaminosis D

## 24. VITAMIN E

Chemistry of Vitamin E

Foods rich in Vitamin E

Daily requirement of Vitamin E

Pharmacodynamic action of Vitamin E

Absorption and Excretion of Vitamin E

Signs and Symptoms of Vitamin E deficiency

Clinical manifestations of Vitamin E

Dr. Gross, Method to Control Infertility

Male Fertility

Routine Approach to all Cases

The Preconceptional Profertility Regimen

Antenatal Routine in Secondary Sterility

Results

Previous Anencephalics and Foetal Abnormality

Patent preparations of Vitamin E

Some rare indications of Vitamin E and A combination

Biochemic remedies and Vitamin E absorption

25. WATER-SOLUBLE VITAMINS

26. VITAMIN B-COMPLEX GROUP

27. VITAMIN B1 (THIAMINE OR ANEURINE HYDROCHLORIDE)

Chemistry of Vitamin B1

Foods rich in vitamin B1 (in mcg. per 100 g.)

Daily requirement of Vitamin B1

Pharmacodynamic action of Vitamin B1

2. Absorption and Excretion of Vitamin B1

Signs and Symptoms of Vitamin B1 Deficiency

Clinical Manifestations of Vitamin B1

Indications of vitamin B1 Therapy

Dosage

28. VITAMIN B2 (RIBOFLAVINE)

Chemistry of Vitamin B2

Foods rich in Vitamin B2 (in mg. per 100 gr.)

Daily requirement of Vitamin B2

Pharmacodynamic action of Vitamin B2

Absorption and Excretion of Vitamin B2

Signs and Symptoms of Vitamin B2 Deficiency

Indications of Vitamin B2 Therapy

29. VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE, ADERMIN)

Chemistry of Vitamin B6

Foods rich in Vitamin B6

Daily requirement of vitamin B6

Pharmacodynamic action of Vitamin B6

Absorption and excretion of Vitamin B6

Signs and Symptoms of Vitamin B6 Deficiency

Clinical manifestations of Vitamin B6

30. VITAMIN B12 (CYANOCOBALMIN)

Chemistry of Vitamin B12

Foods Rich in Vitamin B12 (Mcg. Per Gramme)

Daily requirement of Vitamin B12

Pharmacodynamics of Vitamin B12

Absorption and Excretion of Vitamin B12

Signs and Symptoms of Vitamins B12 deficiency

Indications of Vitamin B12 therapy

31. FOLIC ACID (PTEROYLGLUTAMIC 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 Nicotinic Acid

Daily requirement of Nicotinic Acid

Pharmacodynamic Action of Nicotinic Acid

Absorption and Excretion of Nicotinic Acid

Signs and Symptoms of Nicotinic Acid Deficiency

Clinical Manifestations of Nicotinic Acid  
3. Hartnup's Disease (Hereditary Pellagra)  
How to Cure Nicotinic Acid Deficiency  
Indications of Nicotinic Acid Therapy  
Patents of Nicotinic Acid  
33. PANTOTHENIC ACID (P.A.)  
Chemistry of P.A.  
Foods rich in P.A.  
Daily requirement of P.A.  
Pharmacodynamic Action of P.A.  
Absorption and Excretion of P.A.  
Signs and Symptoms of P.A. deficiency  
Clinical Manifestations of P.A.  
34. LECITHIN  
Lecithin Content of Various Substances in per cent  
35. CHOLINE  
Foods rich in Choline  
Daily requirement of Choline  
Signs and Symptoms of Choline Deficiency  
Indications of Choline Therapy  
36. INOSITOL  
37. METHIONINE  
38. BIOTIN  
Para-Aminobenzoic Acid  
39. VITAMIN C (ASCORBIC ACID)  
Chemistry of Vitamin C  
Foods rich in Vitamin C (in mg./100 g.)  
Daily requirement of Vitamin C  
Pharmacodynamic action of Vitamin C  
Absorption and Excretion of Vitamin C  
Signs and Symptoms of Vitamin C deficiency  
Deficiency of Vitamin C in Children  
How to prevent and cure Vitamin C deficiency  
Clinical manifestations of Vitamin C  
Indications of Vitamin C Therapy  
40. VITAMIN K (ACETOMENAPHTHONE)  
Chemistry of Vitamin K  
Foods rich in Vitamin K  
Signs and Symptoms of Vitamin K deficiency  
Indications of Vitamin K Therapy  
41. LAXOFLAVIN  
42. VITAMIN P (BIOFLAVONOIDS)  
43. REASONS FOR VITAMIN DEFICIENCY IN GENERAL  
1. Diminished intake  
2. Increased Requirement  
3. Poor Absorption  
4. Defective Utilization or Storage  
5. Increased Excretion  
44. B COMPLEX AND MULTI-VITAMIN  
PREPARATIONS OF GREAT USE  
45. ENZYMES  
Animal Enzymes  
Vegetable Enzymes

Indications of enzyme Therapy

Gastro-Entropathy

Pancreopathy

Choleopathy 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 cortis, B.P.)  
Oil of Lemon: (Oleum-Limonis, B.P.)  
Leaves  
Seeds

How to prepare and preserve Lime-juice

How to prepare lime-barley water

Lime in vinegar

##### 65. GRAPE-FRUIT

Food Value per 100 g. approximately

##### 66. POMELO

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

##### 67. ORANGE

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Orange juice in Sports and hard labour  
Peel  
Flowers

How to make orange-squash

How to prepare orange-marmalade

##### 68. BITTER-ORANGE

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Peel  
Orange-Oil  
Orange-Flowers



69. SWEET-ORANGE

70. GIANT- LEMON OR CITRON

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

71. LOQUAT

72. MANGO

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

Green Mango

Medicinal Uses of Green Mango

Sap

Peel

Mango pickle

Preparation method

Mango Chutney

Method of preparation

Mango Chutney (Sweet)

Method of preparation

Why mango-pickle gets spoiled?

Uses of Mango pickle

Ripe-Mango

How to Prevent the Spoilage of Mangoes

Medicinal Uses of Ripe Mango

Mango in the Treatment of Night Blindness

Mangoes in the Prevention of Infections

Seed

Leaves

Flowers

Bark

Gum

Mango Squash

Mango Preserve

Mango Leather: (Aam-papad)

73. WATER-MELON

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Water-melon as a Beauty Aid

Seeds

74. MUSKMELON

Peel

Seeds

75. PALMYRA

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Roots

76. PAPAYA

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Ripe Fruit

Seeds

Leaves

Root

## 77. PASSION FRUITS

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

## 78. PEACH

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

## 79. PEAR

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

## 80. PEAR-AVACADO

## 81. PINEAPPLE

### A. Cosmosms

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

How to Prepare Pineapple Juice

Pineapple Jam

## 82. PLUMS

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

## 83. POMEGRANATE

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

Sour Pomegranate

Seeds

Rind: or Granati Fructi Cortex. B.P.C.

Flowers

Leaves

Bark

## 84. RASPBERRY

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

## 85. STRAWBERRY

Food Value for 100 g. approximately  
Physiopharmacology and Therapeutics

## 86. TOMATO OR LOVE APPLE

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

Raw Tomato

Ripe Tomato

Leaves

How to prepare Tomato Juice at Home and Preserve It

Tomato Ketchup

Method of Preparation

How to Grow Good Tomatoes at Home Garden

Pests and Diseases of Tomato

Control of the Pest

Discuses

Septoria

## 87. TODDY PALM-FRUIT

Physiopharmacology and Therapeutics

## 88. WOOD-APPLE

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

Leaves

Sap

89. ZIZYPHUS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

Bark

PART-III

MISCELLANEOUS FRU

90. LITCHI

Leaves

Seed

91. MANGOSTEEN

92. MULBERRY

93. LANGSAT

94. FOX-BERRY

95. KAMRAKH

96. BELAMBOO

97. SAPOTA

Chemical composition

98. PHALSA

99. PRUNS

Leaves

100. QUINCE

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

PART-IV

LEAFY AND NON-LEAFY VEGES

Carbohydrates in Vegetables

Proteins in Vegetables

Fats in Vegetables

Minerals in Vegetables

Vitamins in Vegetables

Fibres in Vegetables

Hormones in Vegetables

Pectin in Vegetables

Nitrogen in Vegetables

The magic Chlorophyll in Vegetables

What is Chlorophyll

What is the Function of Chlorophyll

Some Golden Tips about eating Vegetables

How to keep your Vegetables Fresh

101. AGATHI

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Fruits and Flowers

Root

102. ALTERNANTHERA SESSILIS

Root

103. AMARANTH

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

104. AMARANTHUS SPINOSUS

105. AMARANTHUS VIRIDUS

106. AMARANTHUS POLYGAMUS

107. BAMBOO

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Bamboo Candy

Bamboo Chutney (Sweet)

Canning of Bamboo in Syrup

Canning of Bamboo in Brine

Canning of bamboo in curried Vegetables

108. BAMBOO MANNA

Ingredients:

Uses

Dose

109. BATHUA LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

110. BENGAL GARM LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

111. BITTER SWEET

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Berries

112. BRUSSEL SPROUT

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

113. CABBAGE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

114. CARROT LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

115. CELERY

Food Value for 100 g. approximately

Physiopharmacology and Therapeutics

Root

Seeds

116. CORIANDER LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

117. CURRY LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Fruit

Bark

118. DRUM STICK LEAVES

Physiopharmacology and Therapeutics

Leaves

Vitamin A

Vitamin C Equal to:

Calcium

Fruits

Flowers

Bark

Root

Seeds

Gum

119. ENDIVE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Constituents

Seeds

Root

120. EVOLVULUS ALSONDIS

121. FENUGREEK

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

122. GARDEN CRESS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

Roots

123. INDIAN SORREL

Physiopharmacology and Therapeutics

Direction

124. IPOMOEA

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

125. KHESARI LEAVES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

126. LETTUCE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds

127. MINT

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

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

Chemical Composition

Medicinal Uses

Menthol (Peppermint-ka-phool)

Medicinal uses of Menthol

Menthol Mixture

Directions for use of Menthol mixture

Children's Colds

Cold in the head and chest

Sore throat and Colds

Influenza

Burns and Scalds

Minor cuts and Sores

Internal uses of Menthol Mixture

## 128. DILL-LEAVES

Physiopharmacology and Therapeutics

Dill seeds

Dill Seed Oil

## 129. RED SORREL

Physiopharmacology and Therapeutics

Root

## 130. SPINACH

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Indications of Spinach in Pediatrics

Indications of Spinach in Pregnancy

How to prevent Spinach spoilage

PART-V

## MISCELLANEOUS VEGET

### 131. ARTHICHOKE

Physiopharmacology and Therapeutics

### 132. ASPARAGUS ADSCENDENS

Physiopharmacology and Therapeutics

### 133. ASPARAGUS-SARMENTOSUS

Physiopharmacology and Therapeutics

### 134. ATRIPLEX

Physiopharmacology and Therapeutics

### 135. ALLIUM ASCALONICUM

Physiopharmacology and Therapeutics

### 136. BOERHAAVIA DIFFUSA

Physiopharmacology and Therapeutics

Root

### 137. BRAHAMI

Physiopharmacology and Therapeutics

Chemical Composition

Brahami Hair Oil

Method of preparation

### 138. COLEUS AROMATICUS

Physiopharmacology and Therapeutics

### 139. COLEUS PERVIFLOROUS

### 140. CANNA EDULIS

### 141. FLYSANTHUS HYSSOPIODES

### 142. OLDENLANDIA

### 143. PARSLANE

Physiopharmacology and Therapeutics

Seeds

### 144. THICK LEAVED LAVENDER

Physiopharmacology and Therapeutics

### 145. TRICHODESMA INDICUM

PART-VI

## NON-LEAFY VEGETAB

### 146. AMLA

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Comparative food value of Amla

Amla Hair Oil

Preparation

Method of preparation

Seeds

Bark

Leaves

147. STAR-GOOSE BERRY

148. ASH GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Petha Sweet-meat or Candy

Seeds

Peel

149. BITTER GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Roots

150. BOTTLE GOURD

Physiopharmacology and Therapeutics

Bottle gourd candy or halwa

Preparation Method

Uses

Peel

151. BRINJAL

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Seeds

152. BROAD BEANS

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

153. DOUBLE BEANS

154. CALABASH CUCUMBER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Seeds and Leaves

155. CAULIFLOWER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

156. CHOCHO MARROW

Food Value per 100 g. approximately

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

Leaves

169. SNAKE GOURD

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

170. WILD SNAKE GOURD

Leaves

Seeds

Roots

171. PARWAL

172. SOYA-BEAN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Comparative food value of Soya-bean

Soya-bean milk

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

Soya-bean curds

Toxic factor in Soya-bean

173. SUNDAKAI

Food value per 100 g. approximately

174. SWORD-BEAN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Leaves

Roots

PART-VII

ROOTS AND TUBERS



175. BEET ROOT

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

176. CARROT

Food Value per 100 g. approximately (1 large),  
Physiopharmacology and Therapeutics  
Seeds

Spiced Carrot Juice

Carrot Halwa (Halwa-e-Gazar).

177. COLOCASIA

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

178. ONION

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

179. POTATO

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

180. RADISH

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

181. SWEET POTATO

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

182. TAPIOCA

Food Value per 100 g. approximately

183. TURNIP

Food Value per 100 g. approximately  
Seeds

184. YAM

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

PART-VIII

NUTS AND OIL SEEDS

185. ALMOND

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Comparative food value of almonds  
Almond Syrup  
Almond oil: (Oleum amygdale B.P.)  
Almond Shell

186. BRAZIL NUT

Food Value per 100 g. approximately

187. BUTTER-NUTS

Food value per 15 g. approximately

188. CASHEW NUT

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Bark  
189. COCONUT  
Food Value per 100 g. approximately  
Mythological Background of Coconut Tree  
The Fruit  
Kernel  
Cancer and Coconut  
Dry Kernel or Copra  
Tender Coconut Water or (Eleneer)  
Medicinal Uses of Tender Coconut Water  
Tender Coconut Water in Cholera  
Tender Coconut Water as a Substitute for Normal Saline  
Tender Coconut Water in Infections  
Tender Coconut Water as a Cosmetic  
Coconut Oil: (Oleum cocois B.P.)  
Uses of Coconut Oil  
Flower  
Coir  
Shell  
Coconut Toddy  
Leaves  
Stem  
Roots  
190. CHESTNUT  
Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
191. COBNUT  
Food Value per 100g. approximately  
192. CUDPAHNUTS OR ALMONDS  
Physiopharmacology and Therapeutics  
193. FILBERT NUT  
Physiopharmacology and Therapeutics  
194. GROUNDNUT OR PEANUT  
Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Essential Amino Acids (per 100 g. proteins)  
Comparative Food Value of Groundnuts  
Groundnuts in Obesity  
Groundnuts in Diabetes  
Groundnuts in Cardiovascular Disorders  
Preparation of Groundnut Milk  
Chemical Composition of Groundnut Milk  
Uses of Groundnut Milk  
Preparation of Curds  
Food Value of groundnut curds per 100 g.  
Fear of Cancer by Eating Groundnuts  
Groundnut Butter  
Groundnut Candies  
Groundnut Biscuits  
Groundnut Oil (oleum Arachis B.P.C.)  
Groundnut Cake

195. PISTACHIONUT

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

196. WALNUT

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

197. WATER CHESTNUT

Physiochemical Characteristics of Water Chestnut  
Physiopharmacology and Therapeutics

198. CASTOR SEED

Physiopharmacology and Therapeutics  
Castor Oil (oleum Ricini B.P.)  
Chemistry of Castor Oil  
Chemical Composition  
Castor Leaves  
Roots

199. COTTON SEED

Physiopharmacology and Therapeutics  
Cotton seeds  
Cotton Seed Oil (Oleum Gossypii seminis, B.P.)  
Leaves  
Flowers  
Bark

200. GINGELLY SEEDS

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Gingelly Oil (Oleum Sesami B.P.C.)  
Leaves

201. OLIVE OIL

Physiopharmacology and Therapeutics  
Chemical Composition

202. SAFFLOWER SEED

Physiopharmacology and Therapeutics  
Flowers  
Safflower Oil

203. SUNFLOWER SEEDS

Physiopharmacology and Therapeutics

PART-IX

CEREALS OR MILLETS

204. BAJARA

Food Value per 100 g. approximately  
Medicinal Value

205. BARLEY

Food Value per 100 g. approximately  
Medicinal Value

206. OATS

Food value per 100 g. approximately

207. JAWAR

Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics

208. ITALIAN MILLET

Food Value per 100 g. approximately  
209. MAIZE  
Food Value per 100 g. approximately  
Medicinal Value  
210. RAGI  
Food Value per 100 g. approximately  
Essential Amino Acids (g. per 100 g. protein)  
Physiopharmacology and Therapeutics  
How to Prepare Good Quality Ragi Malt  
Food Value of the malt per 100 g. approximately  
211. RICE  
Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
Physical Structure of Rice  
Digestibility of Rice  
Effect of par-boiling Paddy  
Nutritive Value of Fermented Rice  
212. ROUGH CHAFF  
Food Value per cent approximately  
Essential Amino Acids per 16 g N (per cent)  
Physiopharmacology and Therapeutics  
213. WHEAT  
Food Value per 100 g. approximately  
Essential Amino Acids (g. per 100 g. protein)  
Physiopharmacology and Therapeutics  
Physical Structure of Wheat  
Chemical composition of Endosperm per 100 g.  
approximately  
Chemical composition of bran per 100 g. approximately  
Chemical composition of germ per 100 g. approximately  
Wheat Products  
Whole Wheat Flour  
White Wheat Flour  
Semolina (Soji or Rava)  
Brown Bread (whole wheat flour)  
White Bread  
Digestibility of Bread  
How to Select a Good Quality Bread  
Chapaties  
Macaroni  
214. FAREX  
PULSES  
215. BENGAL GRAM  
Food Value per 100 g. approximately  
Physiopharmacology and Therapeutics  
216. BLACK GRAM  
Food Value per 100 g. approximately  
Essential Amino Acids (g. per 100 g. protein)  
Physiopharmacology and Therapeutics  
How to Prepare Good Quality Papad  
(Black gram dal wafers)  
Method of Preparation  
Leaves

## Roots

### 217. COW-GRAM

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

### 218. FIELD BEAN

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

### 219. GREEN GRAM

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

### 220. HORSE GRAM

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

Horse Gram in the Treatment of Urinary Calculi

How Urinary Stones are Formed

Kinds of Urinary Stones or Calculi

1. Phosphatic Calculi

2. Uric acid Calculi

3. Oxalate Calculi

4. Cystine Calculi

5. Xanthine Calculi

6. Staghorn Calculi

Signs and Symptoms of Urinary Stones

Management of Renal Colic

## Leaves

### 221. KHESRI DAL

Physiopharmacology and Therapeutics

### 222. LENTIL

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Physiopharmacology and Therapeutics

### 223. RED-GRAM

Food Value per 100 g. approximately

Essential Amino Acids (g. per 100 g. protein)

Medicinal Value

## PART-XI

## SPICES

Uses of Spices

### 224. ASAFOETIDA

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Hing in Gynaecology and Obstetrics

### 225. CARDAMOM

Food Value per 100 g. approximately (Nelliampathy Estate Cardamom seeds)

Physiopharmacology and Therapeutics

### 226. CHILLIES

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Rutin

Red Chillies

227. CINNAMON

Physiopharmacology and Therapeutics

Cinnamon Oil (Oleum cinnamomi, B.P.)

Chemical Composition

228. CLOVE

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Clove Oil (Oleum caryophylli B.P.)

Chemical Composition

229. CORIANDER

Physiopharmacology and Therapeutics

Chemical Composition

230. CUMIN

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

231. GARLIC

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Garlic is an Excellent Tonic

Preparation of Makradhwaja

Chemical Composition

Pharmacological Action

Therapeutics of Makradhwaja

232. GINGER

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

233. MACE AND NUTMEG

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Nutmeg

Nutmeg Oil. Oleum Myristicae B.P.

Chemical Composition

234. OMUM

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Ajowan Oil (Oleum Ajowan I.C.A.)

Chemical Composition

Thymol (Ajowan ka-phool or Sat-e-ajowan, B.P.)

235. PEPPER

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Confectio Pepper

236. SAUNF

Physiopharmacology and Therapeutics

Chemical Composition

Saunf Oil (Oleum foeniculi B.P.C.)

Leaves

Root

### 237. SINAPIS

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Mustard Oil (*Oleum sinapis expressum*)

### 238. TAMARIND

Food value per 100 g. approximately

Physiopharmacology and Therapeutics

Chemical Composition

Leaves

Flowers

Bark

Seed

### 239. TURMERIC

Food Value per 100 g. approximately

Physiopharmacology and Therapeutics

PART-XII

### MISCELLANEOUS FOODS

#### 240. ARECA NUT

Food Value per 100 g. approximately

Medicinal Value

Chemical Composition

#### 241. ARROWROOT

Food Value per 100 g. approximately

Medicinal value

#### 242. BETEL LEAVES

Food Value per 100 g. approximately

Medicinal Value

Oral Cancer and Betel Leaves Chewing

What is Cancer ?

What Causes Cancer ?

Which are the Most Common Sites of Cancer ?

Who Gets Cancer Easily ?

Is Cancer Curable ?

How to Detect Early Cancer ?

How Betel-chewing Causes Cancer ?

Clinical Findings in Group A

The Factors that Cause Cancer by Chewing Betel Leaves

How to prevent and cure oral cancer

Other uses of betel leaves

#### 243. COCOA

Food Value per cup of cocoa

(milk 8 ozs, cocoa 6 g. sugar 15 g.)

Medicinal Value

Chemical Composition of Cocoa

#### 244. COFFEE

Food Value per cupful of coffee having 6 ounces

decoction, 2 ounces milk and 15 g. sugar.

Physiopharmacology and Therapeutics

Difference between *C. Arabica* and *C. Robusta*

*C. Arabica*

C. Robusta  
Chemical Composition of Coffee per cent  
Roasting and Grinding  
How to Prepare Good Coffee  
Uses of Coffee  
Bad Effects of Coffee  
245. HONEY  
Food Value per 100 g. 5 table spoons approximately  
Chemical Composition  
Physiopharmacology and Therapeutics  
Honey Comb  
246. KOLA  
Medicinal Uses  
Chemical Composition  
247. SAGO  
Food Value per 100 g. approximately  
Medicinal Value  
248. SUGAR CANE  
Food Value per 100 g. approximately  
Medicinal Value  
249. SUGAR  
250. TEA  
How to Prepare Good Tea  
Uses of Tea  
Bad Effects of Drinking Tea in Excess  
Foods Rich in Fluorides (Dry foods ppm)  
How Hyperfluoridation Occurs  
Signs and Symptoms of Hyperfluorosis  
Defluoridation of Water  
251. VINEGAR  
Vinegar or Sirka  
252. YEAST  
Food Value per 100 g. approximately  
Medicinal Value  
Caution  
253. Poppy Seeds

## About NIIR

**NIIR PROJECT CONSULTANCY SERVICES (NPCS)** is a reliable name in the industrial world for offering integrated technical consultancy services. NPCS is manned by engineers, planners, specialists, financial experts, economic analysts and design specialists with extensive experience in the related industries.

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



Technical and Commercial Counseling for setting up new industrial project and Most Profitable Small Scale Business.

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

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

---

**NIIR PROJECT CONSULTANCY SERVICES** , 106-E, Kamla Nagar, New Delhi-110007, India. **Email:** [npcs.india@gmail.com](mailto:npcs.india@gmail.com) **Website:** [NIIR.org](http://NIIR.org)

Tue, 05 Jul 2022 03:09:43 +0530