



RESEARCH ARTICLE :

Nutraceuticals for upliftment of agriculture economy nutritional status and therapeutic recognition

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SUMMARY : Earth is rich in variety of plants species including the beneficial one having some medicinal properties. The use of herbal medicines for the treatment of various disease like hepatitis, arthritis, chronic heart diseases, skin disorders, wounds and even cancer have been mentioned in our 'ayurveda' and proved scientifically by many researchers of modern times. There is an increased awareness among the people for the beneficial effect of nutraceuticals in day to day life. Fruits, spices and vegetables are commonly used by us can serve an important prophylactic and therapeutic role in day to day life. There is an urgent need to explore the beneficial and therapeutic properties of spices, vegetables and medicinal herbs. Therefore, the present study was conducted with the objectives to formulate the nutraceuticals capsules of vegetables, spices and medicinal herbs for its therapeutic properties and to analyze the nutritional properties of nutraceutical capsules through chemical analysis. Nutraceutical capsules were prepared by filling the powder through cleaning, pressing, drying and powdering the vegetables and medicinal herbs. For Amla cleaning, removing stones, cutting, drying and powdering. Similarity fenugreek seed, celery, Sonth, ashwagandha, giloy, safed musali were peeled cropped, dried and powdered. Regarding the nutritional properties of such powders chemical analysis were carried out by CIAE Bhopal. It has been found from the study that garlic and amla have wondering effect on weight control system. Drumstick's leaves work as blood purifier, rich source of protein and controlling blood sugar level. Giloy is useful in increasing blood platelets and curing the dengue fever, whereas hadjod having a wondering effect a ment of bone fractures, ashwagandha, controls hair fall, regulates cholesterol. The nutritional composition of nutraceutical vegetable's powder, carrot and garlic powder both are having phosphorus 254.02mg and 328mg, respectively, iron 24.18mg, 19mg, respectively. The rarely known and used drumstick leaves having protein composition (20.88%), fat (4.03%) and iron (87mg/100g). Therefore, it is recommended that intake of vegetables, spices and medicinal herbs, its powder and its nutraceuticals capsules can be beneficial for health due to their therapeutic characteristics as immunity developer, blood purifier, cholestrol controller, constipation remover, anti-elergetic, anti inflanatory, antibacterial and antifungal capacity.

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