

ESU 009– Health promoting activity of common herbs

Lecture 24



GINGER:

Scientific Name:- *Zingiber officinale*

Ginger or Adark is the underground stem or rhizome of the zingiberous herbaceous plant.

Uses:-

- Medical use
- Act as antimicrobial
- Used as an antioxidant
- Used as an Anti-inflammatory



BLACK CUMIN:

Scientific Name:- *Nigella sativa*

- It is one of the most reversed medicinal seeds in history.
- Its medicinal property is due to complex composition of seed.
- This plant is grown as an annual herb.
- Seeds contain a yellowish volatile oil, amino acids, reducing sugars, mucilage, alkaloids, organic acids, resins, toxic glycoside etc.



Uses of Black Cumin:

- Antioxidant action of volatile oil.
- Hypoglycemic impact of black cumin seed.
- Impact on Immune system & cancer.
- Anti microbial effects.
- Anti-inflammatory impact.

TURMERIC:

Scientific Name:- *Curcuma longa*

> It is traditionally called “ India Saffron” because of its deep yellow- orange colour.



> Active component of Turmeric is curcumin.



> Curcumin is yellow coloured pigment of turmeric.

Uses of Turmeric:

- Turmeric is considered as powerful medicine.
- It is used as anti-inflammatory agent.
- Curcumin also provide effective treatment for inflammatory bowel disease (IBD).
- Curcumin also exerts very powerful antioxidant effects.
- Use of turmeric also lowers rate of prostate, lung & colon cancer.
- It is also used in cosmetic products.

GARLIC:

Scientific Name :- *Allium sativum*

- It is a natural antibiotic.
- Garlic is a potent antibacterial, antiviral and antifungal agent.
- Contains more than 100 biologically useful chemical compounds.
- Two principal antimicrobial components present in garlic are allicin and allyl isothiocyanate.
- Allicin is a colourless compound capable of killing both gram positive and gram negative bacteria.



USES OF GARLIC:

- Used as Antimicrobial agent
- Used as Antioxidant
- Used as Anti-inflammatory agent
- Used as an Insecticide

AIISPICE:

Scientific Name :- *Pimenta officinalis*



- It is also called as jamaica pepper, pimenta or newspice
- The name Allspice is because it possesses the characteristic flavour and aroma of cloves, nutmeg, cinnamon and black pepper.
- The active components of Allspice are eugenol, thymol, cineol, methyl eugenol etc.

Uses of Allspice:

- Allspice is used as an aromatic stimulant in digestive troubles.
- Powdered fruit is used in flatulence dyspepsia and diarrhea.
- Used in medicine as an adjuvant to tonics and purgatives.
- The pimenta Berry oil prevents microbial contamination. It contains eugenol as principle constituent. The oil shows bactericidal, fungicidal & antioxidant properties.

CINNAMON

Scientific Name:- Cinnamomum
Zetlanicum



- The dried brown bark of cinnamon tree has been used as a spice & medicine.
- It gaining attention for its antioxidant capacity , antimicrobial effects and potential role in insulin activity.
- The active components of cinnamon are eugenol & cinnamaldehyde. These are responsible for medicinal properties.

USES OF CINNAMON:

- As a Antimicrobial agent.

- Medicinal Use.
 - (1). It is an excellent source of trace mineral manganese and a good source of dietary fiber.

 - (2). Smelling of cinnamon odour enhances brain activity.

 - (3). Cinnamon improves human body's capacity to utilize blood sugar.

- As an antioxidant

- Used as an insect Repellent

Clove:

Scientific Name:- *Syzygium aromaticum*



- Clove is the second most important spice of the world.
- It is air-dried unopened flower bud.
- The active constituent responsible for most of the characteristic aroma of cloves is eugenol.
- Other essential components include acetyl eugenol, vanillin, tannins, eugenitin etc.

Uses of Clove:

➤ Medicinal Uses:-

- (1) Clove oil is used in medicine as an aid to digestion and for its antiseptic and antibiotic properties.
- (2) It is an ingredient of many toothpaste and mouthwashes.
- (3) Externally, It has counterirritant and mouthwashes.
- (4) Cloves are used as carminative to increase hydrochloric acid in the stomach and to improve peristalsis.
- (5) Cloves are also said to be nature antihelmintic.

➤ Antimicrobial agent:-

Eugenol possess strong antimicrobial activity and is considered sporostatic agent.

Conclusion:

Spices are beneficial for all healthful purposes and plays various beneficial role such as antimicrobial, antioxidant, and medicinal etc. Spices acts mainly as preservatives in food processing.

“ EAT MORE SPICES AND LIVE LONGER COULD BE THE MOST FOR THIS MILLENIUM”

Thank you

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