



INDIAN SPICES AND THEIR HEALTH BENEFITS

***Sweta Priyam**

Research Scholar Univ. Deptt. of Home Science-Food & Nutrition TMBU Bhagalpur

**** DR. KAUSHAL KISHOR CHAUDHARY**

Assistant Professor Univ. Deptt. of Home Science BNMU Madhepura

• **Dr. |Kiran Mala Verma**

Associate Professor & HOD Univ. Deptt. of Home Science- Munger University, Munger

ABSTRACT

A common person also uses whole spices to cure different types of diseases occurring in the body. Whole spices are easily available in the market and it is beyond adulteration because it can be taken by sight and hearing. Diseases such as stomach disorders, heart disorders, diabetes, blood pressure, diarrhoea, eye diseases, physical weakness, sexual weakness, anxiety of the body, pain. These antioxidants work as natural preservatives also preventing or slowing the spoilage or decay of food and leading to a higher nutritional content in the stored food. Spices in Indian kitchen have vital role to enhance the health of common people.

KEY WORDS- Antioxidants, natural preservatives, health benefits, diseases, flavonoids, capsicine etc.

Introduction

Every spice has its own goodness and benefits- capsicine in chilli peppers we found that it is not the only spice which has received a lot of attention by people. Other than this there are some additional examples of various spices that we add in our daily meals to give our food a 'kick or jerk' of flavour and aroma including different types of health benefits. Many herbs and shrubs have antioxidant activities and phenolic compounds like flavonoids which influence nutrition through many ways, even affecting the absorption of other nutrients. According to the research found in cumin and fresh ginger was that they are highest in antioxidant activity. These antioxidants work as natural preservatives also preventing or slowing the spoilage or decay of food and leading to a higher nutritional content in the stored food. Spices in Indian kitchen have vital role to enhance the health of common people.

Some spices and its health benefit are as follow

Cinnamon-

Cinnamon is also very famous to boost up our metabolism and it has marvellous role in regulating blood sugar level in our body making an ideal seasoning for people with diabetes or pre-diabetes. This spice is found very effective to reduce blood sugar levels, triglycerides, LDL cholesterol (bad), and total cholesterol levels in people with type 2 diabetes. It also increased glucose metabolism by about 20 times which would be beneficial to improve our ability to regulate blood sugar.

Black pepper

Black pepper it contains a substance in it called piperine which provides the food a pungent flavour even it blocks the formation of a new fat cells in our body. Generally black pepper is used by combining it with other spices even with capsaicin

and other substances it was proved to burn as many calories as taking a 20 minutes' walk. Other than this black pepper is also used because it increases the bioavailability of just about all other food like different herbs making a healthy diet.

Mustard

Mustard plant especially in India is in fact a cruciferous family of vegetables like broccoli, cabbage and Brussels sprouts used for everyday meal purposes. Research tells us that mustard is helpful to boost our metabolic rate by 25% which means one can burn calories efficiently. It is found that if the person uses 3/5 teaspoon of mustard seeds in everyday meal it may help to burn an extra 45 calories and hour.

Cloves

Cloves are the botanical name and which is a plant of metric family. It is a very useful plant in Indian spices. Its dried buds are used as spices. It is a spice full of aromatic and medicinal properties, mainly in Indonesia and South It is cultivated in different provinces of India. Clove has been used in Indian Ayurveda, Chinese medicine and western countries since ancient times as medicine.

Oil is extracted from cloves, which is used as a pain reliever. Emergency use is very beneficial in case of toothache. Clove oil is used in various types of toothpastes and tests. Types of properties are found which are extremely beneficial for the body, some of these like Analgesic Properties Anaesthetic Properties Antibacterial Properties Antiparasitic Properties Anti Total Properties Antioxidant Anti Percy Paints Antiseptic Properties Carminative Properties Dew Point Properties Digestive Disorders Somatic Actions etc.

Cardamom, a plant is used to produce aroma in food. It is also known as a mouth wash. Two species of cardamom are found, which are called Aria and Ammonium. In Indian language, it is also called small cardamom and big cardamom.

In some places it is also called green cardamom and black cardamom. Both types of cardamom are used in Indian kitchen to make food fragrant and to make cheese. The aroma of cardamom attracts the person towards the food. The chemical present in it helps in digestion of food. According to Ayurveda, cardamom provides relief from cold and flu, while its special properties protect us from heart disease.

Since mythological times, it has been used for the treatment of various types of kidney and urinary diseases. According to Ayurveda, use of cardamom after meals is considered very beneficial and healthy. The antibacterial properties present inside it eliminate various types of bacteria. Green cardamom present in India is used in the treatment of pariah, sore throat, disturbances of the digestive system, heart disease, tuberculosis and diseases related to the eyes. In China, cardamom is used in the treatment of stomach related diseases. The use of cardamom is very beneficial for snake bite and scorpion bite, as well as it is also helpful in ending food poisoning caused in any way.

Coriander

The whole plant is used in Indian recipes. Coriander leaves are used in Indian cuisine to produce an aroma and enhance the taste. Coriander is used as a spice either by grinding the dry seed or whole. Since ancient times coriander used to treat a variety of diseases related to the digestive system, respiratory system, excretory system. Antimicrobial properties are found in coriander, due to which it prevents different types of microbes to grow inside the body. Coriander is very beneficial in curing mood and removing irritability.

Fenugreek

Fenugreek is considered a medicine full of many properties in Indian Ayurveda. Its pungency provides the power to fight against many types of diseases like tuberculosis, ulcers, mouth ulcers and liver related disorders. It is observed as a

boon for diabetes. Regular consumption of this keeps the amount of blood sugar in the body under control, as well as it keeps the blood from thickening and controls cholesterol level. The chemical substance present in fenugreek activates the beta cells of the pancreas and increases the consumption of glucose in the body.

Kalonji

Kalonji is a medicinal spice found in Indian kitchen full of medicinal properties. Kalonji is used in different types of diseases. Viruses like rabies can be killed by consuming Kalonji. Kalonji oils are used in women's cosmetics. It is very beneficial in eliminating toothache and early cataract. If fennel is consumed continuously by patients suffering from paralysis, unprecedented results can be seen. In Ayurveda the spice is said to have antiparasitic properties that kill a variety of parasitic animals that inhabit the body. Digestive system, diaphoretic instrument and Antipyretic resolvent properties are present in Kalonji

Garlic

Garlic has been used as a medicine by humans since about 3000 BC. It works to get rid of various diseases arising in our hands. Eliminates as well as controls the cholesterol level in the body. The botanical name of Garlic is *Allium Sativum*. It mainly belongs to the Onion family. It is also used for the treatment of diabetes. In Asia many types of diseases are treated with garlic, in which intestinal dysentery, liver disorder, high blood pressure, ulcer, fever etc. are prominent.

Ginger

Ginger is used as a spice all over the world. It is considered as a natural boon in Ayurveda. Ginger is used in cure stomach related diseases, loose motion and vomiting problems. It is a special type of medicine which can be easily used in

pregnancy period. Use of honey with ginger is a very simple home remedy for cough and fever.

Mint

Mint is a very popular plant, it is used in making different types of dishes. About 150 species of mint are found in the world, out of which only 25 species are used. Mint is a plant of the Lamiaceae family, its botanical name is *Mentha x*. It contains menthol, 4.7 percent manforce, 23.4 percent methyl acetate and 180 percent and beta chlorophyllin, due to these chemical properties, it is helpful in fighting and treating many types of diseases, loss of taste, simple fever, nausea, vomiting. It acts like a panacea in problems like dyspepsia. Mint is used to prepare a variety of substances. Mint tea is also used in jelly syrup, chocolate and ice cream.

While preparing food in Indian kitchen, the contribution of spices is important from the point of view of taste and color. The spices used in food make their importance even more important because of their medicinal properties.

Turmeric is a very famous and commonly used spice, in all types of households, whether it is poor or rich. Turmeric has medicinal properties and acts as an antiseptic, using it kills germs in the body. Entry stops in the Hindu family since mythological times, the use of turmeric is considered very beneficial in festivals, weddings, marriages, worship lessons, etc. In the diagnosis of cold, cough, nose, sore throat, skin disease, tonsils, diarrhea, liver disorders, jaundice, eye diseases, etc. Turmeric is also very beneficial medicinal, its golden color attracts itself, so turmeric is used in every household to produce color in food. Consuming turmeric daily makes the body strong and healthy, making food tasty, attractive and healthy. The use of turmeric is very beneficial to beautify the skin. In industries, various types of dyeing medicines, beauty creams, herbal cosmetics, antiseptic creams, toothpaste powder, etc. are prepared from turmeric. Oil is found in turmeric, which is very nutritious.

Turmeric is excellent for the skin and beauty, it also has scientific importance. The use of turmeric is to protect against infection, to control blood circulation, to cleanse the blood, to avoid colds and coughs. It is used to provide fragrant air to the lungs. Turmeric contains 69.5% carbohydrates, 6% protein, 5% fat and 3.5% minerals and vitamin A. Turmeric contains 5 to 6% essential oil, which smells like camphor. A chemical called curcumin is found in this oil, which helps to reduce the cholesterol present in the blood.

Asafoetida

India is called the country of spices, different types of spices are used here, whether it is taste or color, it is not seen in the food of any country, it is a traditional spice used in the kitchen, which is used for cooking vegetables. Lentils 4 Dumplings Pickle Papad is made for delicious aromatic Subhash Gunkari and Hashmi This spice is present in every home According to Ayurveda different types of medicines are made from Henna Asafoetida Less as a spice More use as a medicine Asafoetida is a strong smelling gum produced from the edible part of a plant called Ferula koi keeda. Henna is collected in the spring from a plant called Ferula foetida. Thick sticky juice like milk is collected and cleaned. Asafoetida is used as

These types of nutrients are found in one hundred grams of asafetida Jalans 16 grams Fiber 4.1 grams Protein 4 grams Fat 1.1 grams Carbohydrate 67 points 8 grams Total calories 297 Calcium 69 mg Phosphorus 50 mg and Iron 39.4 mg Apart from this, many types of nutrients are found in it. Elements Face LKC and acetic acid are found. According to Ayurveda, asafoetida has been described as a hot bile enhancer. Acharya Charak has described it as the city of consciousness.

The main producing countries of asafoetida are Afghanistan, Iran, Persia, Arabia, Kabul, the Mediterranean region, in India, Punjab, Kashmir and Himachal Pradesh cultivate asafoetida.

Flaxseed

Linseed is a vegetable of the oilseed class. Linseed is cultivated all over India. It is a very native oilseed and relative crop. Its cultivation is done to meet the industrial requirements of oil and plant fibers. Linseed is very useful for medical utility. Its medicinal properties have been described in Ayurvedic texts such as Sushruta Samhita Ashtanga Sangrah etc. From the religious point of view, Skandamata who is worshiped on the fifth day during Navratri festival is actually linseed. It has been cultivated since mythological times in different countries of the world. Ayurvedacharya does not consider linseed to be beneficial for the digestive system, but asks to use roasted linseed powder in diseases like diarrhea, duodenum etc. According to it, linseed is a very beneficial medicine in opposition, that is, linseed is very beneficial in cough killer and urinary diseases. It is beneficial Flaxseed has been declared a superstar food according to WHO Flaxseed is considered a daily food in Ayurveda Flaxseed mainly contains omega-3 fatty acid alpha linolenic acid lignan protein and fiber Flaxseed is the largest source of omega 3 acetic acid Vitamin B group, selenium, calcium, magnesium, copper, zinc, potassium, iron, folate, lycopene, utene, zeathin, etc. are found in flaxseed, which are very beneficial for our body.

Ginseng

Ginseng is very valuable and used as energy booster which levels and speed our metabolism. Panax ginseng is highly used for sex weight loss benefits. A research was done on an obese and diabetic mice by giving panax ginseng extracts. A dramatic improvement was found in insulin sensitivity in that mice but it lost a significant amount of weight after 12 days.

Summary

A common person also uses whole spices to cure different types of diseases occurring in the body. Whole spices are easily available in the market and it is beyond adulteration because it can be taken by sight and hearing. Diseases such as stomach disorders, heart disorders, diabetes, blood pressure, diarrhoea, eye diseases, physical weakness, sexual weakness, anxiety of the body, pain, To treat different types of polio turmeric and garlic are used to cure the same. Other spices are also used in the form of juice.

It was concluded from the above survey and research that where people use spices according to their taste and of its medicinal properties.

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