ISBN: 978-93-95847-41-4

RESEARCH AND REVIEWS IN PLANT SCIENCE VOLUME III

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BHUMI PUBLISHING, INDIA
FIRST EDITION: APRIL 2024

Research and Reviews in Plant Science Volume III

(ISBN: 978-93-95847-41-4)

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Bhumi Publishing

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Published by:

Bhumi Publishing

BHUMI PUBLISHING

Nigave Khalasa, Tal – Karveer, Dist – Kolhapur, Maharashtra, INDIA 416 207

E-mail: bhumipublishing@gmail.com

PREFACE

In the vast landscape of scientific inquiry, plant science stands as a cornerstone of our understanding of life on Earth. From the intricacies of photosynthesis to the complexities of plant-microbe interactions, the field encompasses a rich tapestry of research that continues to unravel the mysteries of the botanical world.

This inaugural volume of Research and Reviews in Plant Science represents a dedication to the pursuit of knowledge and innovation within the realm of plant biology. Our aim with this publication is to provide a platform for the dissemination of cutting-edge research, insightful reviews, and thought-provoking perspectives that advance our understanding of plants and their significance to the broader ecosystem.

The diverse array of topics covered within this volume reflects the breadth and depth of contemporary plant science. From the molecular mechanisms underlying plant development to the ecological dynamics shaping plant communities, each contribution offers a unique lens through which to explore the wonders of the botanical realm.

As editors, we are deeply grateful to the authors whose scholarly endeavors have enriched this volume with their expertise and dedication. Their commitment to advancing the frontiers of plant science is evident in the quality and rigor of their work, and we commend them for their contributions to the field.

We also extend our appreciation to the reviewers whose thoughtful feedback and constructive criticism have helped to ensure the integrity and excellence of the manuscripts presented herein. Their expertise and insights have been invaluable in shaping the content of this volume and maintaining the highest standards of scholarly inquiry.

As we embark on this journey of exploration and discovery, we invite you to join us in celebrating the marvels of plant science and the boundless opportunities it presents for understanding and stewarding the natural world.

Editors

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EFFECT OF STORAGE PERIOD ON MINERAL COMPOSITION AND SENSORY QUALITIES OF NUTRI-DENSED NOODLES

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Introduction:

Effect of storage on noodles prepared from refined wheat flour (RWF) incorporated with drumstick leaf powder (DLP) and defatted soybean flour (DSF) was studied. During the four months of storage period, more *L* a* b** values recorded in T_1 (RWF: 88%+ DLP: 0%+ DSF: 0%). Microbial population was within the safer level for consumption and less count of fungi was noticed in T_3 [(RWF: 73%+ DLP: 5%+ DSF: 10%)-6.55x10^2 cfu/g at 30days and 8.05x10^2 cfu/g at 120 days] than T_1. There was no storage pest was observed. Significant difference was observed between the DLP and DSF incorporated noodles and control T_1. Calcium (31.88mg/100g), Magnesium (22.38mg/100g), Zinc (8.70mg/100g), Iron (31.06mg/100g), Copper (2.72mg/100g) and manganese (3.02mg/100g) contents were highest in T_3 treatment even after four months of storage. Organoleptic score was also recorded, more in T_3 than control T_1 except for colour. It concludes that the noodles prepared from incorporation of DLP (5%) and DSF (10%) was good in nutritional quality and they can be stored up to four months of storage.

Noodles are mainly consumed by school children that need adequate protein for growth. The use of composite flour has been encouraged since it reduces the importation of wheat (Omeire and Ohambele, 2010). The popularity of noodles particularly in Asian countries is increasing because of their simple preparation, desirable sensory attributes, long shelf life augmented with product diversity and nutritive value. As the world market is expanding, studies for the development and improvement of noodles qualities satisfying consumer demands is of immense importance. Wheat flour is the main ingredient used in manufacturing of noodles and therefore, characteristics of wheat flour are important for noodle making. In recent years, the demand to use novel sources as substitute for wheat flour has increased. Value addition of instant noodles is of prime importance to improve nutrient content and to save its delicacy. Secondly, use of value added convenient/processed foods could be a solution to the problem of supplementary feeding in under nutrition (Gernah *et al.*, 2011).

The therapeutic use of *M. oleifera* parts in the Indian subcontinent dates back to Antiquity. *M. oleifera* is variably labeled as Miracle Tree, Tree of Life, Mother's Best Friend, God's Gift to Man, Savior of the Poor. In many regions of Africa, it is widely consumed for self-medication by patients affected by diabetes, hypertension, or HIV/AIDS (Dieye *et al.*, 2008;

Kasolo *et al.*, 2010; Monera and Maponga, 2010). Clearly, in spite of the widely held "belief" in the health benefits of *M. oleifera*, the interest of the value addition of this leaf has been rather tepid. The soybean is richest and cheapest sources of plant protein that can be used to improve the diet of millions of people. The main ingredients of noodles are wheat, which is having deficiency of essential amino acid lysine, whereas soybean is richer in lysine and can be complement to wheat in noodles. Soybean protein is more economical than high priced meat protein and so they are considered as best source of protein especially in vegetarian diet. It increases nutritional status of vulnerable groups like pregnant woman, nursing mother, school going and young children (Khalid *et al.*, 2012). Therefore, the present study was taken up with the objective, to study the colour, mineral, organoleptic and microbial evaluation of noodles incorporated with DLP and DSF.

Materials and Methods:

Fresh drumstick leaves were procured from the trees of drumstick variety KDM-01 (Bhagya) plantation maintained by Main Horticulture Research and Extension Centre, UHS, Bagalkot at Sector No.1. These leaves were made into a powder after drying under electrical tray drier at 60˚C temperature. Dried drumstick leaf powder was packed separately in LDPE bags (200gauze) for further use. Defatted soybean flour was procured from Ahmed shopping centre, Bengaluru. Starch and guar gum was purchased from Aminghad Agencies, Dharwad. Masala ingredients, salt and vegetable oil were procured from local market Vidyagiri, Bagalkot. Hydrolysed ground nut cake was purchased from Kenchannawar oil mill, Bagalkot.

Table 1: Details of different treatments

Sl. No	Ingredients	Treatments						
		T_1	**T_2**	**T_3**	**T_4**	**T_5**	**T_6**	**T_7**
1	RWF (g)	88.00	78.00	73.00	70.50	68.00	65.50	63.00
2	DLP (g)	0	0	5.00	7.50	10.00	12.50	15.00
3	DSF (g)	0	10.00	10.00	10.00	10.00	10.00	10.00
4	Salt (g)	1.50	1.50	1.50	1.50	1.50	1.50	1.50
5	Starch (g)	5.00	5.00	5.00	5.00	5.00	5.00	5.00
6	Citric acid (g)	0.10	0.10	0.10	0.10	0.10	0.10	0.10
7	Potassium carbonate (g)	0.05	0.05	0.05	0.05	0.05	0.05	0.05
8	Sodium carbonate (g)	0.05	0.05	0.05	0.05	0.05	0.05	0.05
9	Edible vegetable oil (Ground nut) (g)	5.00	5.00	5.00	5.00	5.00	5.00	5.00
10	Guar gum (g)	0.30	0.30	0.30	0.30	0.30	0.30	0.30
11	Water (ml)	31.00	31.00	31.00	31.00	31.00	31.00	31.00

Note: Among the above seven treatments, the treatment T_1 (Control) and T_3 (Treated) are taken for storage studies based on organoleptic evaluation.

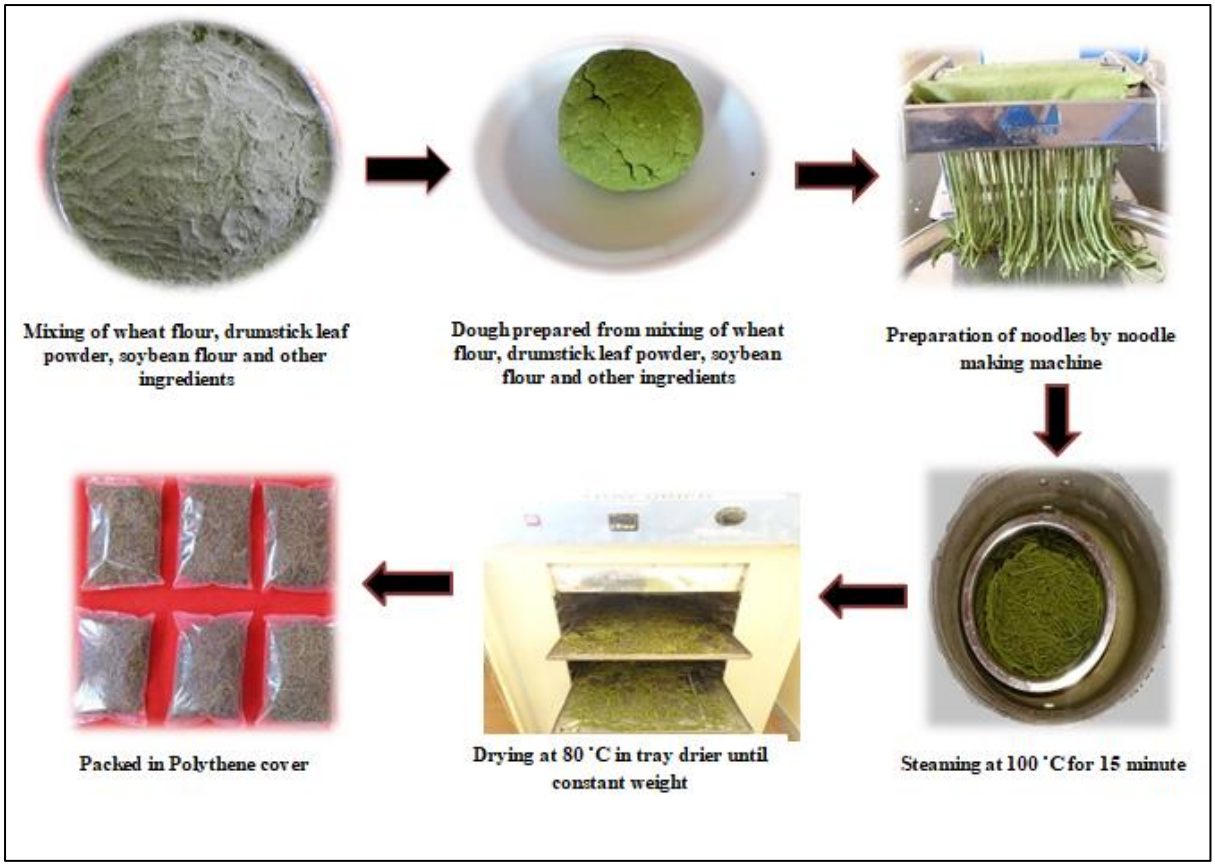

Figure 1: Preparation method of drumstick leaf powder and other ingredients incorporated noodles

All the ingredients such as refined wheat flour, drumstick leaf powder, defatted soybean flour, salt, starch, citric acid, potassium carbonate, sodium carbonate, vegetable oil and gum were weighed as shown in Table 1. The composite flour was mixed with water and kneaded for 10 minutes and kept the dough aside for 30 min. The dough was passed through a dough roller to make in to sheet. These sheets overlapped one on the other and passed through a vertical noodles making machine mechanically to make cuts and longer types of noodles. The prepared raw noodles were then steamed at 100°C for 15 minutes in a pressure cooker. The noodles were then dried in a tray dryer at 80°C for 2 hours (Fig 1). The cooled and dried instant noodles were packed in polythene bags (50 micron). Each replication in a treatment has 250g instant noodles (Fig 2).

Noodles colour was measured with a ColorFlex EZ (mode CFEZ 1919, Hunter associates laboratory, Inc., Reston) with a 45 mm (diameter) measuring tube using a white tile background. *L**, *a** and *b** values denote lightness (white-black, red-green and yellow-blue scales, respectively. Measurements were made three times, each at a different location on the consistent (same) side of the surface of the noodles. There were three replicate noodle samples for each treatment.

Figure 2: Noodles prepared from RWF, DLP and DSF

Mineral estimation was done by wet digestion, it involves oxidizing acids like HNO_3: $H2SO_4$: $HCLO_4$ tri-acid mixture or HNO_3: $HCLO_4$ Di- acid mixture. Per chloric acid on heating dissociates into nascent chlorine and oxygen, increasing the oxidation efficiency at high temperature. Noodle sample (0.5 g) was taken into 100 ml conical flask and 5 ml of nitric acid was added. After pre digestion it was heated at 180- 200°C temperature, cooled and 15 ml of di-acid mixture was added again and heated at 180-200°C on hot plate until the content was turned to brown colour. To this 50 ml of water was added and filtered into 100 ml volumetric flask by using What`s man No.1filter paper, this filtrate was used for mineral estimation by " Micro-Wave Plasma Atomic Emission Spectrometer " instrument from Make company. Calcium and magnesium was determined by complenomertric titration method involving standard EDTA (Piper, 1966). During storage period, the samples were analysed for growth of fungal contamination by using standard serial dilution plate count technique (Dubey and Maheshwari, 2004). The microbial analysis was carried out at 30 and 120 days of storage period.

Sensory evaluation was carried out by preparing the noodles as per the procedure (Fig 1). Samples (30 g) from each treatment were cooked for 2 minutes by adding masala taste maker (0.35 g), kept in hot boxes and used for sensory evaluation. Sensory evaluation of noodles incorporated with drumstick leaf powder and defatted soybean flour (T_3) and control (T_1) was carried out by a panel of semi- trained judges consisting of Teachers and Post-Graduate students of College of Horticulture, Bagalkot. The sensory characters like colour and appearance, flavour, taste, mouth feel (texture) and overall acceptability were evaluated on a 9 point Hedonic scale using the score card. Storage studies were carried out for the most accepted treatments by sensory evaluation in comparison with the control (T_1) for four months interval. Incidence of storage pests during the storage of noodles was identified by visual observation. The data on

mineral content and other parameters were analysed according to unpaired 't' test to compare the variation among the two treatments. The level of significance used in F and t test was at one per cent level of significance.

Results and Discussion:

In the present study, it was found that treatment T_3 was best. Storage studies were carried out for T_3 along with control T_1. Drumstick leaf powder addition had statistically significant effect on *L** value of noodle. The mean *L** value of the noodles varied between 29.34 to 73.07. The highest *L** value was recorded in the treatment T_1 (73.07-65.47) and the lowest *L** value was recorded in T_3 (32.35-29.34). It might be due to addition of ingredients like drumstick leaf powder, defatted soybean flour, starch and oil. As the per cent of drumstick leaf powder increased in the treatments the *L** *a** *b** values decreased indicating more darkening of the noodles (Table 2). The *L** value of instant noodles were significantly influenced by the type of oil used. *a** and *b** values were not significantly affected by the different types of oil used. The use of canola oil resulted in a significantly lower *L** value compared to the other two oils used, while peanut oil resulted in significantly brightest colour compared to the other samples (Widjaya, 2010). In the present study ground nut oil was used during the preparation of nutri-densed noodles. It has also been reported that in the case of instant noodles alkaline salts contribute to the development of the desired bright yellow colour (Asenstorfer *et al.*, 2006). Park and Baik (2004) highlighted that instant noodle made from flour of high protein content (>13.6%) exhibited a positive relationship in brightness (high *L** values) but negative relationship in *b** values.

Table 2: Effect of storage period on *L a** b** values of nutri-densed noodles**

Treatments	*L**				*a**				*b**			
	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M
T_1	73.07	68.72	66.67	65.47	2.72	2.64	2.52	2.37	22.91	22.77	22.07	20.84
T_3	32.35	31.71	30.92	29.34	1.48	1.17	1.10	1.04	21.19	20.04	19.28	18.51
Mean	52.71	50.21	48.79	41.41	2.10	1.91	1.81	1.71	22.05	21.40	20.67	19.68
SD	1.25	1.58	1.90	1.10	0.14	0.25	0.24	0.30	1.28	1.00	0.90	0.88
t-value	45.91	61.66	54.90	78.99	17.34	12.10	8.57	6.11	3.84	6.57	7.42	6.98

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF(10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

The mean variation range of *a** value was 1.04 to 2.72. Highest *a** value was recorded in T_1 (2.64-2.37) and the lowest *a** values was recorded in T_3 (1.48-1.04) and it might be the effect of addition of drumstick leaf powder that reduces the *a** value. Similar results are reported by

Eyidemir and Hayta (2009) who reported that addition of apricot kernel flour to the noodles resulted in decreased *a** values. In the present study, the mean *b** value of the treatments ranged from 18.51 to 22.91. Significant difference was found to exist in the mean *b** value of treatments. The highest *b** value was recorded in T_1 (22.91-20.84) and the lowest *b** value was recorded in T_3 (21.19-18.51). It might be due to effect of adding of drumstick leaf powder during noodles preparation. *b** values were more strongly affected by the addition of drumstick leaf powder and other ingredients. Bejosano and Corke (1998) reported that control noodles had the higher *b** values compared to amaranthus and buck wheat protein incorporated noodles. In the present study also higher *b** value was recorded in control compared to drumstick leaf powder incorporated noodles.

The mineral contents (calcium, magnesium, zinc, iron, copper and manganese) of noodles produced in this study were significantly affected by incorporation of drumstick leaf powder and defatted soybean flour. Table 3, 4 and 5 illustrates a general decrease in mineral content occurred during storage period of four months. The data revealed that the mineral content of noodles was significantly influenced among the treatments and all the mineral contents were increased with the incorporation of drumstick leaf powder.

Table 3: Effect of storage period on mineral (Calcium and Magnesium) contents of nutri-densed noodles

Treatments	Ca (mg/100g)				Mg (mg/100 g)			
	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M
T_1	24.00	23.60	22.50	22.02	17.00	16.40	15.80	14.60
T_3	33.00	32.80	32.10	31.88	25.40	24.40	23.20	22.38
Mean	28.50	28.20	27.30	26.95	21.20	20.40	19.50	18.49
SD	2.70	2.69	2.35	3.19	1.34	1.57	1.03	2.23
t-value	9.10	8.98	10.52	9.20	8.38	9.14	11.51	8.85
% increase/ decrease over control	27.27	38.98	42.66	44.77	49.41	48.78	46.83	53.28

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF(10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

The highest mineral contents were recorded in T_3 (5% drumstick leaf powder + 10% defatted soybean flour) it might be due to added drumstick leaf powder and defatted soybean flour. Wani *et al.* (2013) revealed that, the iron content of noodles was significantly influenced by different treatments and increased with the incorporation of cauliflower leaf powder.

Himabindu and Devanna (2015) revealed that minerals like calcium and iron are significantly increased in sample because kodo millet and spinach are rich in iron and calcium.

Table 4: Effect of storage period on mineral (Zinc and Iron) contents of nutri-densed noodles

Treatments	Zn (mg/100 g)				Fe (mg/100 g)			
	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M
T_1	6.50	6.41	6.35	6.21	22.38	22.34	22.18	21.20
T_3	9.66	9.58	9.02	8.70	32.42	32.04	31.16	31.06
Mean	8.08	7.99	7.68	7.45	27.40	27.19	26.67	26.13
SD	5.31	5.25	4.66	4.95	8.65	8.53	7.99	6.93
t-value	3.86	3.91	4.06	3.83	3.06	3.07	2.97	3.82
% increase/decrease over control	48.61	49.45	42.04	40.09	44.86	43.41	40.48	46.50

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF(10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

Table 5: Effect of storage period on mineral (Copper and Manganese) contents of nutri – densed noodles

Treatments	Cu (mg/100 g)				Mn (mg/100 g)			
	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M
T_1	2.54	2.46	2.06	2.00	1.54	1.50	1.43	1.24
T_3	3.40	3.30	2.92	2.72	3.50	3.40	3.22	3.02
Mean	2.97	2.88	2.49	2.36	2.52	2.45	2.32	2.13
SD	0.48	0.55	0.44	0.40	0.23	0.24	0.17	0.17
t-value	3.66*	3.59*	5.63*	3.09*	16.28*	15.80*	19.02*	18.64*
% increase /decrease over control	33.85	34.14	41.74	36.00	52.36	52.36	46.04	37.44

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF(10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

As the amount of nettle leaves flour increased in the proportion with wheat flour, the amount of calcium, iron and zinc were significantly increased. Similar results were observed in cookie produced from wheat: moringa blends, quality protein maize based complementary food

and wheat: soybean cookie (Alemayehu *et al.*, 2016). The mineral content decreased slightly during the storage. Calcium content was decreased from 28.50 to 26.95mg/100g; magnesium 21.20 to 18.49mg/100g; zinc 8.08 to 7.45mg/100g; iron 27.40 to 26.13mg/100g; copper 2.97 to 2.36mg/100g and manganese 2.52 to 2.13mg/100g (Table 3, 4 and 5). The lowest mineral contents were observed in control T_1. The decrease in mineral contents was due to leaching of the mineral compounds during the storage period. Some of the mineral elements such as zinc, iron and calcium may be partly loss as volatile compounds contributing to the reduction in the mineral content (Alcantara *et al.*, 2013).

The microbial population determines the storage life of nutri-densed noodles. Microbial population was checked during the initial and final day of storage. The mean total number of fungi was 7.50 to 9.02x10^2 cfu/g during the four months of storage. The lowest total number of fungi was recorded in the T_3 (6.55-8.05x10^2 cfu/g) compared to T_1 (8.45-10x102cfu/g) might be due to low moisture content in the nutri-densed noodles. Jayarathne *et al.* (2000) revealed that due to low moisture content protein enriched instant noodles are not severely affected by microbial growth and occurrence. Shelf life refers to the end of consumer acceptability and is the time at which majority of consumers are displeased with the product (Labuza and Schmid, 1985). Sensory characteristics of quality include colour and appearance, flavour, taste, texture (mouth feel) and overall acceptability of the final product. The scores for all sensory characters of nutri-densed noodles were found to decrease during storage period of four months (Table 7 and 8).

Table 6: Effect of storage period on microbial counts of nutri-densed noodles

Treatments	Total number of fungi x 10^2 cfu of noodles	
	Initial	4 Months after storage
T1	8.45	10.00
T3	6.55	8.05
Mean	7.50	9.02
SD	1.65	1.11
t-value	3.09	3.3

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF (10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

Among sensory parameters, colour determines the attractiveness of the food product at first sight. The mean colour and appearance scores of nutri-densed noodles decreased from 7.56 to 7.05; flavour scores 7.48 to 6.70; taste scores 7.62 to 7.02; texture scores 7.56 to 6.90 and overall acceptability scores decreased from an initial value of 7.25 to 6.70 under ambient conditions after 4 months of storage (Table 7 and 8). Siegel *et al.* (1975) revealed that the quality

of soya supplemented rice noodles decreased during the storage. Better overall acceptability scores reflect better quality retention by the packages during storage (Thakur *et al.*, 2012). As the storage period advanced, there was decrease in the colour, texture, taste and overall acceptability scores of noodles (Wani *et al.*, 2013).

Table 7: Effect of storage period on colour, appearance, taste and flavor of nutri-densed noodles

Treatments	Colour and appearance				Flavour				Taste			
	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M
T_1	8.00	8.00	7.92	7.55	7.05	7.02	6.90	6.25	7.33	7.07	6.90	6.50
T_3	7.11	7.10	6.85	6.55	7.91	7.80	7.70	7.15	7.91	7.87	7.70	7.55
Mean	7.56	7.55	7.38	7.05	7.48	7.41	7.30	6.70	7.62	7.47	7.30	7.02
SD	0.56	0.66	0.41	0.55	0.69	0.42	0.52	0.62	0.35	0.59	0.52	0.55
t-value	2.83	3.51	4.54	3.88	2.94	3.60	3.13	3.76	3.26	3.69	2.89	3.27

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF(10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

Table 8: Effect of storage period on texture and overall acceptability of nutri-densed noodles

Treatments	Texture				Overall acceptability			
	1 M	2 M	3 M	4 M	1 M	2 M	3 M	4 M
T_1	6.96	6.82	6.75	6.25	6.83	6.78	6.70	6.15
T_3	8.17	7.90	7.80	7.55	8.21	7.96	7.90	7.25
Mean	7.56	7.36	7.27	6.90	7.52	7.37	7.30	6.70
SD	0.60	0.44	0.48	0.55	0.53	0.54	0.51	0.54
t-value	3.07	4.79	4.58	5.33	5.28	4.87	5.69	5.46

SD: Standard Deviation

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g) T_3: RWF (73 g) + DLP (5 g) + DSF (10 g)

RWF: Refined Wheat Flour DLP: Drumstick Leaf Powder DSF: Defatted Soybean Flour

There was no incidence of any storage pests observed during four months of storage period in nutri-densed noodles which were packed in the polythene cover. Type of package and place of storage condition may influence the attack of storage pests. The literatures are not found on the incidence of storage pests during the storage of noodles.

From the present study it can be conclude that, the higher mineral content and organoleptic attributes was found in T_3 (73% Refined wheat flour + 5% Drumstick leaf powder +

10% Defatted soybean flour) compared to T_1 (Control) during the four months of storage. Use of 5% drumstick leaf powder, 10% defatted soybean flour along with other ingredients found to be better in increasing the nutrient density of the noodles.

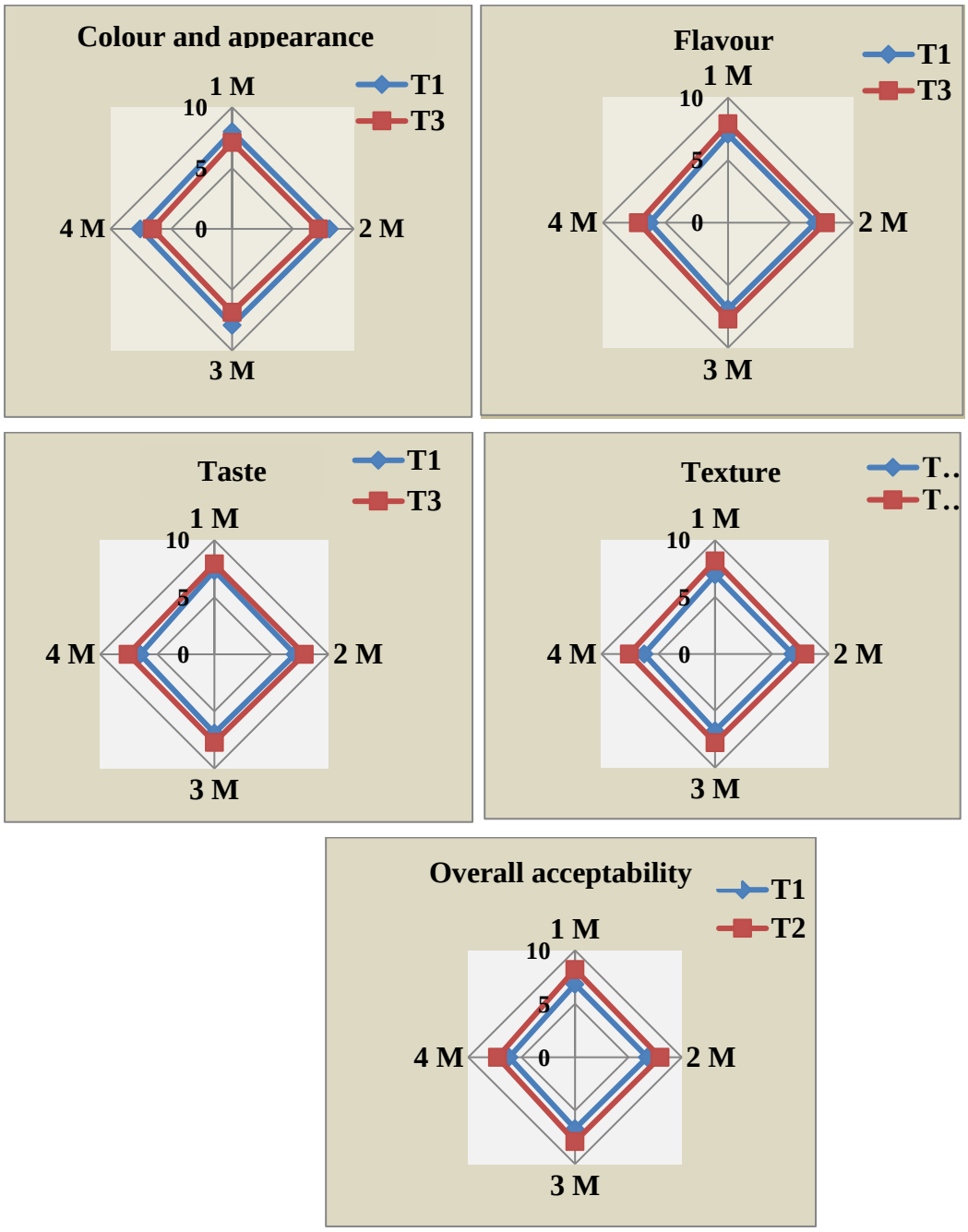

Figure 3: Effect of storage period on sensory scores of nutri-densed noodles

M: Month

T_1: RWF (88 g) + DLP (0 g) + DSF (0 g), T_3: RWF (73 g) + DLP (5 g) + DSF (10 g)

Acknowledgment:

Financial support provided by University of Horticultural Sciences Bagalkot under the post graduate research work is duly acknowledged.

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PHYTOPHARMACOLOGY AND MEDICINAL USES OF *BERBERIS ARISTATA*

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Abstract:

The deciduous perennial flowering shrub genus *Berberis aristata* includes between 450 and 500 different species and is native to the pleasant subtropical region. The use of herbal medicinal floras to delight a diversity of ailments is an extremely old habitual technique. The use of herbal drugs as health-promoting agents, even in developing countries, has improved. Herbal medicine are a significant component of the healthiness mind structure in many developed nations. One of the world's greatest sources of complexes is the plant kingdom. Since antiquity, various plant species have been used in flora and fauna, but thanks to global communication, the majority of them are now accessible on a global scale. Daruharidra and *B. aristata* DC, both members of the Berberidaceae family, are related in the Indian ayurvedic Pharmacopeia. As a tonic, replacement, demulcent, diaphoretic, and diuretic, *B. aristata* is used to treat diarrhea, syphilis, chronic rheumatism, jaundice, skin diseases, and urinary illnesses. According to scientific data, it serves a variety of natural purposes that support its current use in Asia. According to phytochemical studies, the main components of *Berberis aristata* are the yellow-colored isoquinolone alkaloids oxyberberine, berbamine, aromoline, and berberine, taxilamine, palmatine, and oxycanthine, as well as starch, tannins, and sugar. The most prevalent substance, berberine, has a wide range of pharmacological effects. Since the beginning of time, *B. aristata* has been utilized in traditional medicine for its wide range of pharmacological properties. The modern medical system mandates a deeper investigation of this healing plant. This review article supports the use of the *Berberis aristata* plant as a traditional remedy for a variety of disorders. Further research is anticipated to determine its full potential in the area of socioeconomic benefits.

Keywords: Indian barberry, Berberine, *Berberis aristata*, Phytochemicals.

Introduction:

A shrub belonging to the family Berberidaceae and genus Berberis, *Berberis aristata* is also known as Indian-barberry, "chutro," "sumbal," or tree turmeric. Therapeutic plants are a rich and pure source of bioactive compounds that are essential to modern medicine. Medicinal plants offer enormous opportunities for numerous biological screenings due to their widespread distribution, convenient availability, and use in folklore medicine[1]. The pharmacological discovery of natural products is currently of great interest to medicinal biologists, who hope that this will eventually lead to the development of an environmentally friendly pharmacy and make a significant contribution to biomedicine[2]. Tree turmeric, or *Berberis aristata* DC, is a plant species that originally belonged to the Berberidaceae family. It is one of the best significant herbs because of its wide range of medicinal properties. It has long been a crucial component of ayurvedic pharmaceuticals and is commonly referred to as "Daruhaldi or Chitra" [3].

The plant is native to the northern Himalayan region, which is widely distributed from the hilly regions of Sri Lanka, Bhutan, and Nepal. It grows quickly between 2000 and 3000 m, especially in the Himachal Pradesh regions of Kumaon and Chammba. Additionally, it can be found in South India's Nilgiri Hills[4]. It is a spiny, upright shrub with a yellowish functional section that is frequently used in Indian medicine. The fruits of the species are consumed by the locals to treat various illnesses. Additionally, the entire plant contains tannin and dye that are used in the tanining and dying of leather. It is regarded as the most significant essential herbal plant in the Ayurvedic, Siddha, and Unani medicinal systems due to its medicinal value.

The official source of the drug is thought to be the plant's roots[5]. The plant contains a variety of significant phytochemicals, including flavonoids, phenolic acids, isoquinoline, bisbenzyl-isoquinoline, and proto-berberine alkaloids. Extracts from the plant are used in pharmaceutical, nutraceutical, and cosmeceutical formulations. The plant's main alkaloid is berberine. Berberrubine, columbamine, isotetrandrine, jatrorrhizine, glucoside stigmasterol, sugars, pectin, tannin, and mineral components make up *B. aristata*[6].

Oxycanthine, Berberine, Epiberberine, Palmatine, Jatorrhizine, Dehydrocaroline, and Karachine are all produced by the plant. The most well-known medical uses of berberine include the prevention of ocular infections, diarrhea, and viral intestinal infections[7]. The function for pharmacological and clinical uses of *Berberis aristata* DC, the authorized genus of India's Pharmacopeia of Ayurveda, has been established. According to reports, berberine has antipyretic, anti-amnesic, inhibitory enzyme, and local anesthetic properties. It is employed in Ayurveda to treat spleen enlargement and jaundice. Alkaloids are typically colorless and alkaline; however, berberine is an acidic natural substance that is distinguished by its bright yellow color. Medications, nutraceuticals, and cosmetic products apply to extracts obtained from the plant[8].

Introduction about *Berberis aristata*

One of the herbs mentioned in the classical texts of Ayurveda is daruharidra. Charaka and Susruta both mentioned the various pharmacological effects of it as well as the various pharmacological effects that are indications of its use. It is a spiny, upright, deciduous shrub with subacute to obtuse, obovate to elliptic, entire, or toothed leaves. Natives of the Himalayan range range in height from 1.8 to 3.6 meters, depending on altitude (1000–3000 meters). Racemes of yellow flowers in corymbs grow. Oblong-ovoid or ovoid-shaped are the berries of the intense cherry[9].

Ethnopharmacological use

The roots of *Berberis aristata DC* commonly known as daruharidra possess in Ayurvedic medicine significant antibacterial, antidiabetic, anticancer and anti-inflammatory activities. The drug is also mentioned as a it's used as a cholagogue, antipyretic, stomachic and diaphoretic according to reports. External application of daruharidra treats the painful eye infections, ulcers and haemorrhoids that are not painful. Periodic neuralgia and menorrhagia can both benefit from root bark [10].

Traditional medicinal use

B. aristata DC is used to treat different types of uterine and vaginal disorders, wound healing, dysentery and indigestion. It's also used to treat ulcers and fevers as a tonic andas a major herb of several polyherbal formulations for treating diarrhoea[11]. Dental cariesis treated with tender leaf buds. “Rashut” decoction prepared from root of *Berberis aristataDC* is widely used in ayurveda. A variety of *Berberis aristata DC* has been reported against variety of ailments and diseases such as stomach disorders, skin disease, rheumatism, jaundice, diabetes, fever, and malarial fever. *Berberis aristata DC* roots have been used asantiperiodic, diaphoretic and antipyretic and the bark as tonic and antiperiodic. Berberislyceum roots, another species possess medicinal properties and used to treat chronic diarrhea, eye criticisms menorrhagia, febrifuge and piles. Leaves are useful in jaundice and stemin the treatment of ulcers, sore eyes diabetes, wounds and broken bones. Gilani and Janbaz in2000 reported that in different areas of India and Pakistan[12], the fruits of this plant are usedas a tonic against liver and heart diseases and also possess stomachic, astringent, antihistaminicactivity, antipyretic and diaphoretic. Marketsurvey in India indicates that Berberis asiatica, Cosinium fenestratum, Berberis lycium, andMorinda umbellata are traded as substitutes of *Berberis aristata*. Literature survey of theseplant species indicates that they possess a wide range of pharmacological activity.

Literature review of *Berberis aristata*

A comparative toxicity study of *Berberis aristata* DC using adosage mortality curve, we tested brine shrimps (Artemia salina). In male and female mice andrats, it was reported that berberine, its bioactive phytoconstituent is although phototoxic, *Berberis aristata* extract was

found to be safe in mice, with an LD_{50} of >5000 mg/kg bodyweight. In this research they also showed the LC_{50} value[13]. Tiwari *et al. Berberis aristata*was subjected to a preliminary pharmacognostic and phytochemical analysis and reported that the pharmacognostical features of *Berberis aristata* have been utilized in developing standard which will be useful in the discovery of its personality and truthfulness. The endangered medicinal herb *Berberis aristata* and its alliedspecies' traditional medicinal use, as well as pharmacognostical and pharmacological investigations[14]. The morpho-pathological and floral genetic diversity amongst Berberis speciesfrom Karakoram Mountain Ranges. The comparative pharmacognostical study of *Berberis aristata* and Berberis asiatica. This study looks into the pharmacognostical characteristics of the root and leaf of both plant speciesin order to distinguish them from each other as well as other substitutes and adulterants. The two species of Berberis viz. *Berberis aristata* and Berberis asiatica, although resembling eachother in most of its external features, showed differentiable characters in respect of both microscopy and quantitative microscopy including Lycopodium spore analysis[15].

Antidiarrhoeal activity

The antispasmodic and antidiarrhoeal effect of *Berberis aristata* in in vivo experimental models. Aqueous extract of *Berberis aristata* treatedmice, significantly reduced the duration of diarrhoea, total no of stools and number of wetstools in the diarrhoea induced by magnesium sulphate. *Berberis aristata* had an antidiarrhealeffect, according to the findings, by inhibiting, By lowering intestinal motility, it has anantispasmodic effect. Berberine was extracted from Berberisaristata using an acid dye method, and the parameters were determined. The proposed methodis accurate and repeatable, according to statistical analysis. Ranjan et al., carry outstandardizations and phytochemical evaluated on *Berberis aristata*. In quantitativemicroscopy the outcomes were stomatal number-14, stomatal index-40, vein islet-09, palisaderatio -06 and vein termination-04. The phytochemical studies were positive for tannins, carbohydrates, alkaloids[16].

Phytochemical and pharmacological values

The phytochemical, cytoprotective and antidiabetic, potentiality of *B. aristata* DC. root extracts. In diabetic rats, an ethanol extract of *Berberis aristata*roots reduced STZ-induced hyperglycemia in a dose-dependent manner. Berberis asiatica may be in the preparation of hepatoprotective drugs, it is a good substitutefor *Berberis aristata*. Commercially available berberine containing formulations include Liv52, Livergen, Stimuliv, Livokin, Tefroliv, Octogen etc. The main component of Berberisaristata's root and stem bark was found to be an alkaloid berberine, was found responsible forhepatoprotective activity[17].

Antimicrobial activity

Berberis aristata for in vitro anti-microbial potentiality the micro-organism that cause ear infections. The antimicrobial efficacy and the agar well diffusion method was used to test *B. aristata* and root extracts against six different ear pathogens, Pseudomonas aeruginosa, Acinetobacter spp, Escherchia coli, and Candida albicans. The organic extracts of *Berberis aristata* were found to have broad spectrum antimicrobial activity in thisstudy, suggesting that they could be used to treat ear infections. It was also suggested that the active constituents in *Berberis aristata* have an organotropic effect onpancreatic -cells, resulting in increased insulin release from the islets of Langerhans in rabbits[19].

Phytoconstituents and medicinal use

The plant *Berberis aristata* in detailed covering its phytoconstituentsand medicinal values. The edible plant fruit was found to be wealthy in Vitamin C. The therapeutic plant was efficient with different pharmacological properties and show hopeful prospect for promote researches. *Berberis aristata* DC, a rare Himalayan medicinal plant, was studied using predictive distribution modelling. In similarity to GARP (4.63 percent) and Bioclim, maximum entropy predicted a wider potential distribution (10.36 percent) (2.44 percent)[20]. Auantitatively analysed bebeerine present in fruits of with the help of three different algorithms, such as Supreme entropy's and Bioclim, the distribution model was developed using bioclimatic andtopographic variables. In similarity to GARP (4.63 percent) and Bioclim, maximum entropypredicted a wider potential distribution (10.36 percent) (2.44 percent)[21].

Anti-diabetic effect

Berberis aristata DC was differentiated from Berberis lycium Royleand Berberis asiatica Roxb. using sequence-based markers. *Berberis aristata*, Berberis asiatica and Berberis lycium were all successfully authenticated using the markers developed. Thesewere useful for quality control of raw drug materials as a molecular pharmacognostic tool. Reported on regular and streptozotocin (STZ) prompted diabetic rats, methanolextract of *Berberis aristata* DC. (MEBA) had an anti-diabetic effect[22].

Hypoglycemic effect

Berberis aristata's antimicrobial efficiency contrary to some pathogenic fungi, bacteria isolated from humans. Moreover amongst the fungi, Candida tropicalis and Candida albicans were also foundsensitive. Pareek and Suthar, were screened in streptozotocin induced diabetic rats, researchers tested the hypoglycemic activity of a *Berberis aristata* root extract. Blood glucose levels were checked after 3 hrs and 6 hrs of treatment in regular and diabetic rats respectively. The findings of the study suggested that the ethanol extract of *Berberis aristata* produced important hypoglycemic effect in STZ prompted diabetic rat when compared with standard drug metformin[23].

Berberis aristata's therapeutic efficacy in albino rats with type Iand II diabetes mellitus (DM). The extracts had no effect on the oxidative stress brought on by streptozotocin induced diabetes. In the Streptozotocin (STZ) and Nicotinamide induced diabetic model, however, the extracts had a greater hypoglycemic effect than glibenclamide. Alloxan-induced diabetic rats, the root of *Berberis aristata DC* has antidiabetic activity. When compared to anormal controlgroup, diabetic animal shad significantly higher cholesterol and triglyceride levels ($p<0.01$). The evaluated topical solicitation of *Berberis aristata* aqueous extracts had an anti-inflammatory effect on rabbits with experimental uveitis. In rabbits with endotoxin-induced uveitis, topical administration of aqueous extracts of *Berberis aristata* demonstrated potent anti-inflammatory efficacy[24]. The herbal treatment for diabetes mellitus and evaluated the mild ant hyperglycaemic activity in *Berberis aristata*.

Phytochemistry

Berberis aristata produces bis isoquinoline and protoberberine alkaloids. The maintype of phytoconstituents present in *Berberis aristata* are alkaloids, flavonoids etc.Barberine,oxyberberine, berbamine, Aromoline, Karachine, Palmatine, and Oxyacanthine, as well astaxilamine, are among the compounds found in the plant. Four alkaloids were also isolated from *Berberis aristata*[24].

Root- Berbamine, oxycanthine, epiberberine, palmatine, dehydrocaroline, jatrorrhizine, andcolumbamine are organic compounds found in the roots of *Berberis aristata*. Berberine, witha yield of 2.23 percent, is the most abundant bioactive found in *Berberis aristata* root, followedby palmatine. The root of the *Berberis aristata* also contains dihyrocarachine, karachine, taximaline, aromoline, oxyberberine, umballiatine and hydrastine[25].

Root bark- *Berberis aristata* root bark contains karachine, a protoberberine organiccompound, as well as aromoline, oxyberberine, oxyacanthine, berbamine, and berberinechloride.

Leaves- The main alkaloid in this plant part is berberine. Methanol extracts of Berberisaristata leaves, stalks and roots also contains the same. Active compounds like alkaloids, reducing sugars, hormones, flavonoids and saponins were discovered, but tannins were not.

Flowers- *Berberis aristata*'s flora contain e- caffeic acid and chlorogenic acid. meratin, Quercetin.

Heartwood- The presence of n-docosane, a nursing open-chain organic compound, isrevealed in an ethanol extract of *Berberis aristata* heartwood.

Fruits- Citric acid, on the other hand, comes from fruit, as does malic acid.

Rhizome- The plant's rhizome contains heavy metals like cadmium, lead, chromium, zinc, iron, and manganese[26].

Chemical constituents

Berberine, oxycanthine, berbamine, palmatine, oxyberberine, epiberberine, and jatrorrhizineare the main alkaloids found in the stem bark and root bark of *Berberis aristata DC*[27].

Medicinal properties

The anticancer effect of *Berberis aristata* methanol extracts has been identified in somepreliminary studies toward human hepatoma cells, L1210 mouse leukaemia cells and coloncancer cells that can be attributed to the inhibitory property of COX-II. In addition, theplant extracts exhibited important antioxidant activities. *Berberis aristata* aqueous methanol extract, which has potent anti-osteoporosis efficacy and supports ethnic use in thetreatment of postmenopausal osteoporosis[28].

Root bark- Antiplasmodial potency of *Berberis aristata* root bark showed significantschizontal maturation that have been establish to exert inhibition of isolated P. berghei in vitro[29]. Theydeveloped a study to provide clinical evidence for *Berberis aristata* use in the treatment ofurinary problems caused by cisplatin, an anti-cancer chemotherapy medication. Cisplatin hasbeen related to nephrotoxicity, or renal disease or dysfunction. The antioxidant properties ofthe decoction of *Berberis aristata* root bark reversed the side effects of cisplatin, according tothe researchers[30].

Stem- *Berberis aristata DC* is also commonly prescribed to children as a cooling laxative. The stem is said to have laxative and diaphoretic properties, as well as being beneficial forrheumatism. A methanol extract of the stem was found to have a significant antioxidantpotential. *Berberis aristata* extracts contain a significant amount of phenols and flavonoids, both of which have strong free radical scavenging properties[31].

Fruits- Crude extract obtained from *Berberis aristata* (shoot and fruit) demonstratedeffective defense of paracetamol and carbon tetrachloride (CCl_4) mediated liver toxicity andalso suggested that the extract's hepatoprotective activity is partly attributable to inhibition ofthe metabolizing enzyme of the microsomal compounds. In earlier studies the folkloreusage of this plant in hepatic harm has a clinically justified foundation, about *Berberis aristata*fruits and leaves have a blunt extract displayed hepatoprotection in the chemical inducedhepatotoxicity in animal models. Its ripe fruits have hypochlolestrolemic activity and areused as a mild laxative in babies. The fruit extract of the *Berberis aristata* plant has afavorable inotropic effect. Several biochemical test was carried out on healthy rabbits toassess the plant's cardiovascular properties. The levels of serum cholesterol, triglycerides, andlow-density lipoprotein all fell significantly, whereas fibrinogen and thrombin levels were increased[32].

Antidiabetics activity

Berberis aristata has important anti-diabetic efficiency in alloxan-stimulated diabeticrats in a portion subordinate way. In either case, Its use as a legends drug in the treatment ofdiabetes was backed up by the findings. At different portion levels (100 and 200 mg/kgbody weight), ethanol concentrates of *Berberis aristata* root condensed blood glucose levels inboth regular and diabetic rats.An increase in cAMPlevels has also been linked to an increase in insulin secretion. The hypoglycemic/antidiabeticaction of berberine may be based on these activities. More comprehensive synthetic andpharmacological studies are needed to determine the specific component of *Berberis aristata*root's hypoglycemic effect[33].

Miscellaneous role of Berberine

The key mechanism of berberine (Bioactive phytoconstituent of *Berberis aristata* DC.)is responsible in part because of its anti-inflammatory and anti-diabetic properties. With the successive activation of AMPK, the absorption of glucose into cells is doubled, with enhanced sensitivity to insulin, encouraging functional regeneration and glucose reduction of β-cells fabrication in the liver. In obese PCOS women, berberine has enhanced several clinical, metabolic and reproductive features. The primary effects could be related to improved insulin sensitivity and a reduction in hyperandrogenemia. Changes in body composition and dyslipidaemia also seems to have greater effect. In preclinical studies, berberine was found to significantly inhibit 20-methylcholanthrene or N-nitrosodiethylamine induced carcinogenesisin small animals[34].

Berberine-rich plants have also been used as an astringent to lighten skin tone. Themucous membranes of the upper respiratory tract and the gastrointestinal system also showedpromising results, as well as their effects on the underlying illnesses[35]. The earlier findingsalso indicated that berberine has significant anxiolytic properties, and that its function is linkedto GABAergic neurotransmission. But the exact constituent or combination of constituentsresponsible for berberine's anxiolytic effect was not clearly explored and demonstrated yet. Berberine has contributed to reducing cardiac damage in an autoimmune myocarditismodel in the lab by restricting the increase in anti-cardiac antibodies to myosin, inhibiting thedifferentiation of Th1 and Th2 cells, and modulating the activity of certain STATs, all of whichare important in the pathogenesis of myocarditis[36]. Anautoimmune damage to the peripheral nervous system characterised this neurologic condition. Berberine has shown to have potent immunomodulatory activity by inhibiting lymphocyteproliferation (especially CD4) and decreasing pro-inflammatory cytokines (IL-6 and TNF)[37].

Clinical studies

In another trial 25 giardiasis Berberine was given at a dosage of 5 mg/kg/day for six days to nine patients, and the results were compared to metronidazole given at a dosage of 10

mg/kg/day for 6 days. For six days, 25 patients were given vitamin B complex syrup as a control group[38].Clinical symptoms were relieved in 12 patients who received berberine, 3 patients whoreceived metronidazole, and 3 patients who received vitamin B complex. In 17 patients whoreceived metronidazole and 5 patients who received B complex, the stools were giardia-free. Berberine was found to be effective in the treatment of gastroenteritis in 50 children inanother trial[39]. It's also an effective anti-diarrhea agent that can be given to children in the formof a palatable suspension. Berberine was not found to be toxic in any way.

Conclusion:

Herbal medicinal products are defined as extracts from plants and herbs with various medicinal properties. Since the beginning of time, people have relied on plants and their products for both personal and governmental needs. Over the past three decades, demand for herbal products has steadily increased. These days, herbal medications are widely used to treat a variety of illnesses, including diabetes, congestive heart failure, angina pectoris, nephroprotection, diarrhoea, and potential chemoprotection. When the pharmaceutical industry was still developing, plants were a significant source of treatments and preventative measures. Daruharidra, daru haldi, and other names for *Berberis aristata* DC Indian barberry, tree turmeric, and the well-known plant chitra have long been used in a variety of medical systems, including Ayurveda, Homeopathy, and Unani. It is a Berberidaceae family herb that is hard, spiny, and yellowish. More research and studies are needed to create more herbal and ayurvedic formulations containing the active phytoconstituents of *Berberis aristata* DC, a plant with significant medicinal value. Despite the fact that this review's findings show great promise for the use of the *Berberis aristata* plant in the treatment of many diseases and disorders. The plant alkaloid berberine can be found in the stembark, rhizomes, and roots. The chemical components of the plant, like berberine, have been shown in clinical and experimental studies to have a variety of pharmacological properties, including antipyretic, hepatoprotective, anti-diabetic, anti-microbial, anticancer, ophthalmic, and cardiotonic activity. Additionally, berberine was discovered to have positive effects in a variety of clinical and preclinical studies, including problems with metabolism, the nervous system, and the heart. The results of this review paper support the use of the *Berberis aristata* plant as a traditional medicine for a number of ailments.

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POTENTIAL PHARMACOLOGICAL METHODS OF NATIVE PLANTS FOR THE MANAGEMENT OF RHEUMATOID INFLAMMATION OF THE JOINTS

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Abstract:

Debilitating and long-lasting, rheumatoid arthritis is an inflammatory disease that affects the bone and cartilage around joints. The whole body, including the internal organs like the heart, lungs, and eyes, may be affected by this systemic illness. Unfortunately, the efficacy of the therapeutic intervention can be compromised by the negative effects of the various synthetic drugs that are now the gold standard for rheumatoid arthritis. Unfortunately, no effective drug exists at this time to treat rheumatoid arthritis, and what little medical expertise there is mostly deals with the symptoms of the condition, such as inflammation and joint discomfort. Herbs and plants, in various forms, help alleviate joint inflammation and discomfort. The anti-rheumatoid arthritis properties of several medicinal plants have been well documented. Plants and plant extracts have significant advantages for treating rheumatoid arthritis. This review mainly focuses on medicinal herbs that have an activity on rheumatoid arthritis.

Keywords: Arthritis, Therapeutic, Inflammatory Illness, Cartilage

Introduction:

A systemic illness, rheumatoid arthritis manifests itself in a variety of ways, including rheumatoid nodules, vasculitis, inflammation of the eyes, and cardiopulmonary dysfunction [1]. There is no hereditary component to rheumatoid arthritis. Some people may be more predisposed to the condition than others, according to the research. Rheumatoid arthritis does not necessarily manifest in those who carry these genes. A "trigger," such as an illness or another environmental condition, is often what sets off the genetic reactions. This trigger causes an erroneous immunological response in the body. The body's defense mechanisms start attacking the joint rather than protecting it. It is possible that this is the cause of rheumatoid arthritis. This condition is characterized by an autoimmune response, in which the immune system targets healthy tissues in an incorrect manner. Joint linings in people with rheumatoid arthritis are thick and packed with white blood cells, in contrast to normal joints, which have thin linings and few blood vessels. When white blood cells inflict inflammation and injury to joints, they release chemicals such as interleukin-1 (IL-1) and tumor necrosis factor alpha (TNF-alpha).

Novel cytokines such as IL-17, IL-182, and RANK ligand (RANKL) have recently been identified as contributing to the development of chronic arthritis. In order to cause tissue degradation, these cytokines trigger the secretion of enzymes by synovial fibroblasts and chondrocytes located in the adjacent articular cartilage [2-4]. The releases a number of inflammatory cytokines and mediators. Pannus occurs when synovial cells begin to multiply and disseminate. The following phase, known as ankylosis, is characterized by fibrosis and results in a decrease in joint motion.

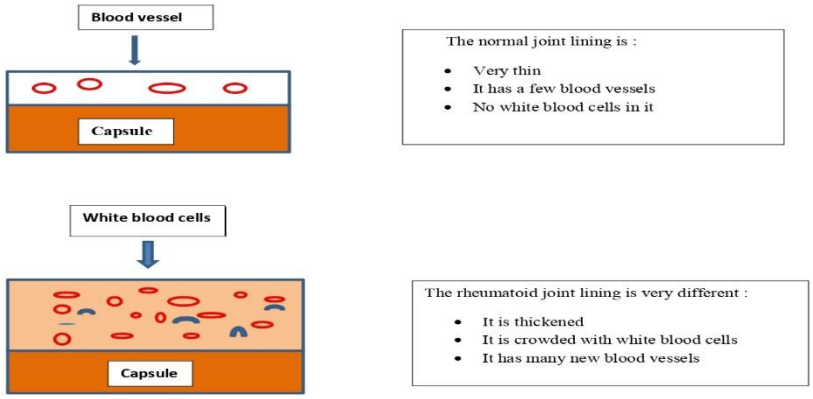

Figure 1: Distinction between rheumatoid knee lining and healthy joint lining

RA causes cartilage erosion and thickening of the synovial membrane. When the synovial membrane gets into the interstitial space, it enlarges the joint and makes it unpleasant to move.

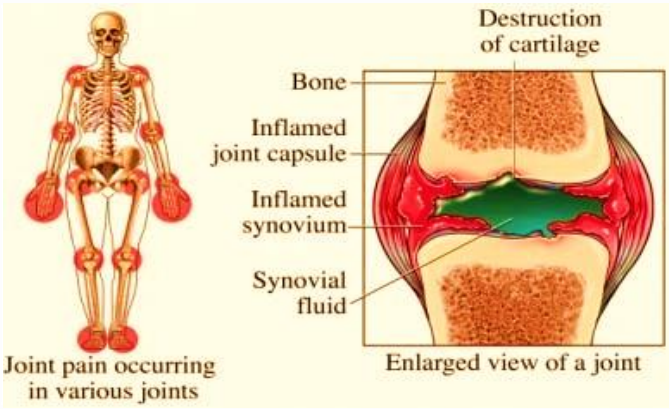

Figure 2: RA joint

Swelling, soreness, stiffness in the mornings of affected joints, inability to sleep, extreme weariness, weight loss, and a generalized sense of having the flu are all symptoms. Blood tests for rheumatoid arthritis might reveal the presence of rheumatoid factor, which are aberrant IgG antibodies. The formation of an antigen-antibody complex, which causes inflammation and discomfort in the synovial membrane, occurs when these react with antigen. In order to confirm a diagnosis, the American College of Rheumatology requires four out of seven criteria [5-7].

Morning stiffness around the joint that lasts at least 1 hour

- ✓ Arthritis of three or more joints for at least 6 weeks
- ✓ Arthritis of hand joints for at least 6 weeks
- ✓ Arthritis on both sides of the body for at least 6 weeks
- ✓ Rheumatoid nodules under the skin
- ✓ Rheumatoid factor presents in blood testing
- ✓ Evidence of rheumatoid arthritis on X-rays

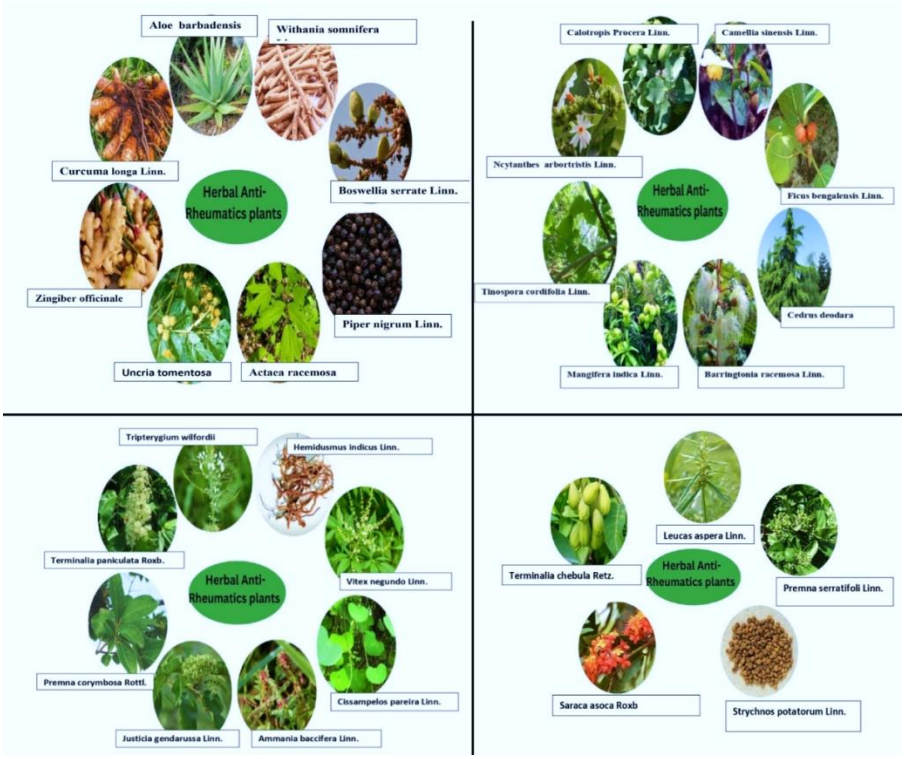

Figure 3: Native Plants for the Management of Rheumatoid Inflammation of the Joints

Figure 4: *Aloe barbadensis*

Aside from the north-west Himalayan area of India, Aloe barbadensis is grown all throughout Europe. For a long time, aloe vera has been a staple in traditional medicine. The active ingredients in Aloe vera include anthraquinone, anthracene, cinnamic acid, and anthranilic acid. A wide range of skin conditions can be treated with aloe vera, including minor wounds,

stings, bruises, poison ivy, and eczema. Additionally, it is utilized as a blood purifier, anti-inflammatory, diuretic, uterine tonic, spermatogenic, laxative, purgative, and fever reliever; it possesses antibacterial and antifungal characteristics too. The anthraquinone molecule is responsible for aloe vera's anti-arthritis properties. The anti-inflammatory and immune-system-stimulating properties of aloe vera make it an effective medicinal tool. Aloe vera extract, when applied topically to Sprague-Dawley rats, reduced inflammation and arthritis in rats with adjuvant-induced arthritis [8-10].

Figure 5: *Withania somnifera* Linn. dried roots

An essential ancient plant, ashwagandha is also called Indian ginseng. Traditional Indian medicinal practices such as Ayurveda and Unani make use of Ashwagandha root. The subtropical states of Rajasthan, Punjab, Haryana, Uttar Pradesh, Gujarat, Maharashtra, and Madhya Pradesh are ideal locations for its cultivation because of their dry climate. The alkaloids and steroidal lactones are responsible for the root's pharmacological action. The primary alkaloids found include withanine, pseudo-withanine, tropine, somniferine, and somnine. Roots have yielded two acyl glucosides, sitoindoside-7 and sitoindoside-8. Aphrodisiac, liver tonic, anti-inflammatory, and, more lately, used to treat asthma, ulcers, sleeplessness, and senile dementia are some of the traditional uses of the plant. Ashwagandha has shown promise in treating inflammatory conditions, anxiety, neurological diseases, and Parkinson's disease in both animal and human studies. Human tumor growth can be slowed or prevented by including Ashwagandha in one's diet. Several health issues, including aging, anemia, arthritis, weariness, stress disorders, and physical fitness, might benefit from its gradual and long-lasting effects. The anti-arthritic activity was seen in rats that were adjuvant-induced with arthritis when *Withenia somnifera* Linn. root powder was administered orally [11,12].

Throughout the Middle East, Northern Africa, and India, the moderately to largely branched Boswellia serrata Linn. tree grows. Its native Indian habitats include the states of Gujarat, Madhya Pradesh, and Bihar. By removing thin layers of boswellia bark, gummy-oleo resins may be extracted. It exhibits anti-inflammatory, anti-atherosclerotic, and anti-arthritic

properties due to the presence of β-bboswellic acid in the resin part. Furthermore, the gummy oleo resins' extract has a variety of medicinal uses, including those of analgesic, sedative, anti-septic, juvenomimetic, stimulant, expectorant, and astringent. It is also recognized for its ability to restore the integrity of damaged or spasmed joint vessels. Sugars, terpenoids, and volatile oils are the primary components of boswellia. By inhibiting the production of pro-inflammatory cytokines and mediators, boswellia serrata extract has inherent anti-inflammatory effects in locations with chronic inflammation. Contrarily, Boswellia serrata Linn. slows the breakdown of glycosaminoglycan production, which means it can slow down the deterioration of joints in arthritic diseases brought on by non-steroidal anti-inflammatory medicines[13-15].

Figure 7: Black pepper (peppercorns)

Originating in southern India, black pepper is now a popular spice crop. Additionally, Sri Lanka, Indonesia, Brazil, and Malaysia all grow it. The cultivation of this substance is dominated by India. Along with the alkaloid piperine, pipper also includes volatile oil, pungent resins, starch, and piperidine. Aromatic, stimulant, stomachic, and carminative are some of its uses. It makes the stomach secrete more acid. It improves the absorption of several medications as well. A black pepper extract containing piperine. Arthritis symptoms in carrageenan-induced acute paw arthritis are alleviated by oral piperine administration at doses of 20 and 100 mg/kg/day for eight days [16, 17].

Figure 8: *Actaea racemose* Linn.

As a perennial herb, black cohosh has a velvety texture. Its original range extends over eastern North America, from the southernmost tip of Ontario to the center of Georgia and, farther

west, into Missouri and Arkansas. Black cohosh has a long history of medicinal usage among Native Americans. A number of chemical components, such as acteina, cimigoside, steroidal terpenes, and 27-deoxyactein, have been isolated from the black cohosh plant. Tannins, salicylic acid, and formononetine, an isoflavone, are among the other components. As an insect repellent, it helps with a variety of issues, including arthritis, diarrhea, dieresis, dyspepsia, renal difficulties, malaria, and snake bites. Many issues related to women's health, including menopause, can be alleviated with its use. Anxieties caused by arthritis can be alleviated with the help of black cohosh [18-20].

Figure 9: *Uncaria tomentosa*

The woody vine known as "cat's claw" originates from the tropical forests of South and Central America and gets its name from the claw-shaped thorns that it bears. The medicinal benefits are due to the presence of tannins and other alkaloids. The following phytochemicals are found in it: ajmalicine, akuammigine, campesterol, catechin, chlorogenic acid, cinchonain, corynantheine, corynoxeine, daucosterol, epicatechin, harman, hirsuteine, hirsutine, iso-pteropodine, loganic acid, lyaloside, mitraphylline, oleanolic acid, palmitoleic acid, procyanidins, pteropodine quinovic acid glycosides, rhynchophylline, rutin, sitosterols, speciophylline, stigmasterol, strictosidines. Gastric ulcers, cancer, HIV infection, inflammation, tumors, diabetes, chronic tiredness, chron's disease, and antioxidants are some of its uses. Additionally, it has antimicrobial properties. A rat model of carrageenan-induced inflammation demonstrated that an extract from a cat's claw has anti-inflammatory effects by decreasing paw edema[21-26].

Figure 10: Ginger rhizome

When it comes to herbal supplements, ginger is among the most helpful. Its original home is in Southeast Asia, but you may find it grown all over the world, including in the Caribbean, Africa, Indi, Mauritius, and Australia. Production in India exceeds 30%. Ingredients that make up ginger include starch, fat, ginger oil, residual moisture, inorganic matter, and fiber. Hydrocarbons of monoterpine and sesquiterpine types, as well as oxygenated mono- and sesquiterpine, are present in ginger oil. The medicinal, aromatic, carminative, stimulant, and flavoring properties of ginger make it a versatile spice. You can take it to alleviate symptoms including nausea, vomiting, and diarrhea. Additional uses include reducing inflammation, killing germs, preventing cancer, and antifungal and antimicrobial properties. One of the excellent cures for arthritic joint pain that doctors offer is ginger extract. The primary component is zingiberene, which is a sesquiterpenoids. The anti-inflammatory action of this natural substance is due to sesquiterpene lactones[27-30].

Figure 11: Turmeric rhizome

India, China, Sri Lanka, Indonesia, Jamaica, and Peru all grow turmeric for its rhizome. Curcuminoids, a yellowish component, are present in turmeric, along with volatile oils, resins, starch grains, and the spice itself. Curcumin is the main ingredient in curcuminoids. Curcumin, found in the plant *Curcuma longa*'s rhizomes, has anti-inflammatory properties, as shown in study. Wound healing, hepatoprotection, neuroprotection, and many other applications make use of it. It inhibits cell proliferation, prevents spasms, kills germs, and fights cancer. Both the acute and chronic stages of arthritis were suppressed by a daily intraperitoneal injection of a modest dosage of pure curcuminoids (4 mg total curcuminoids/kg/d) [31-34].

Figure 12: *Calotropis procera* Linn

The flowering plant species *Calotropis procera* Linn., which belongs to the Apocynaceae family of dogbanes, is originally from Indochina, South Asia, Western Asia, and Tropical Africa. It has been shown that several portions of this plant contain anti-inflammatory, analgesic, anti-oxidant, and antifungal properties. In many animal studies, this plant's latex was found to have strong anti-inflammatory effects. Significant antibacterial activity35 is demonstrated by the latex petroleum extract. There is evidence that latex and its methanolic extract can block the inflow of inflammatory cells and the production of edema when exposed to different inflammagens. Additionally, it enhances locomotor functions in rats with mono-arthritis that has been produced experimentally. The roots of *Calotropis procera* Linn. exhibited anti-inflammatory effects in a cotton pellet produced granuloma and carrageenan-induced paw edema model when administered dosages of 180 mg/kg (methanol extract) and 200 mg/kg (other extracts) [35-38].

Figure 13: *Camellia sinensis* Linn

An evergreen shrub or little tree, *Camellia sinensis* Linn. Originating in mainland China and Southeast Asia, the *Camellia sinensis* Linn. is currently grown in tropical and subtropical climates all over the globe. Polyphenols, including catechins and flavonols, are the plant's active ingredients in *Camellia sinensis* Linn. Caffeine and aromatic oils round out the ingredients. The powerful antioxidant (-) epigallocatechin is the most significant catechin found in green tea. In arthritic joints of mice given green tea, there was a significant suppression of the inflammatory mediators COX-2, IFNγ, and TNFα, reflecting the lower incidence and severity of collagen-induced arthritis. Green tea-fed animals had reduced levels of total immunoglobulin G (IgG) and type II collagen-specific IgG in both their blood and arthritic joints [39-41].

Figure 14: *Ficus bengalensis* Linn

Originating in the Indian subcontinent, this tree grows to be quite huge and sprawling. In the form of aerial roots, it sends off propagating roots that spread downward. The plant's medicinal ingredients have a stellar reputation for treating a wide range of conditions, including dysentery, diarrhea, diabetes, leucorrhoea, menorrhagia, neurological diseases, and more.

Astringent, hemostatatic, anti-septic, anti-inflammatory, antioxidant, and anticancer agents are all found in this group's bark, leaves, and fruits. The substances listed include beta sitosterol alpha-D glucose19–20, pentatriacontan-5-one, glucoside, leucocynidin 3-0-α-D galactosyl cellobioside, and beta sitosterol alpha-D glucose. Additionally, the bark yielded a glycoside of leucopelargonidin, which had antidiabetic properties. Using Freund's complete adjuvant, the formalin induced arthritis, and the agar induced arthritis models, researchers investigated the anti rheumatic effect of a methanolic extract of Ficus bengalensis bark (MFB). The extract inhibited edema significantly, particularly in cases with secondary immunological arthritis, and also inhibited formalin-induced pain in two stages. Several phytochemicals, including terpenoids, alkaloids, glycosides, flavonoids, and steroids, are present in the methanolic extract. Flavonoids, tannins, saponin, and steroids may be responsible for its anti-rheumatic and autoimmune system-modifying properties [42,44].

Figure 15: *Cedrus deodara*

Originating in the western Himalayas of Afghanistan, Pakistan, India (Himachal Pradesh and Uttarakhand), Tibet (southernmost region), and Nepal (western region), *Cedrus deodara* is a native of these regions. Ayurvedic practitioners have long relied on *Cedrus deodara* wood to alleviate inflammatory conditions and rheumatoid arthritis. Proteins, glycosides, alkaloids, flavonoids, phenolic chemicals, and saponins make up the bulk of the substance. The anti-inflammatory and anti-arthritic properties of *Cedrus deodara* have led to its usage in medical practice. The paw swellings on the injected limbs were a measure of the polyarthritis phase in rats with full adjuvant-induced arthritis, and *Cedrus deodara* substantially prevented this phase [45].

Figure 16: *Barringtonia racemose* Linn

The coastal swamp woods and estuary borders of numerous Polynesian islands, as well as the Indian Ocean, Sri Lanka, Malaysia, Thailand, Laos, southern China, northern Australia, and the Ryukyu Islands are home to *Barringtonia racemosa* Linn. Stigmasterol, gallic acid, dihydromyticetin, 3, 3'-dimethoxy ellagic acid, and bartogenic acid are some of the chemical components found in this plant. It possesses anti-inflammatory, anti-oxidant, and anti-microbial properties. Its active ingredient, bartogenic acid (BA), is responsible for its usage in rheumatoid arthritis. Complete Freund's Adjuvant (CFA)causes arthritic lesions in rats, both primary and secondary, and haematological disturbances. BA protects animals against these effects[46-47].

Figure 17: *Mangifera indica* Linn

One kind of mango is *Mangifera indica* Linn. Its commercial fruit output has led to its cultivation across the tropical and subtropical regions. Polyphenols, flavonoids, triterpenoids, isomangiferin, tannin, and gallic acid derivatives are its main components. Mangiferin is a compound found in mango that is extracted in high quantities from the fruit's bark, young leaves, and older leaves. Mangiferin has a powerful antioxidant action. Hypoglycemic, anti-allergic, antifungal, antimicrobial, anti-inflammatory, antiviral, hepatoprotective, and antidiabetic are only a few of its pharmacological activities and potential health advantages. *Mangifera indica* methanolic extract has anti-inflammatory effects as measured by arthritic index, paw edema, and rheumatoid factor[48-49]

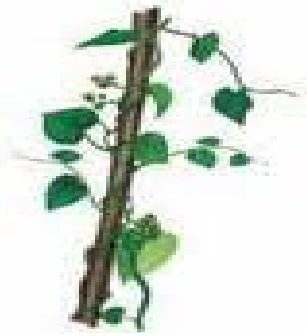

Figure 18: *Tinospora cordifolia* Linn

You may find *Tinospora cordifolia Linn all* throughout China and the tropical Indian subcontinent. Tinosporaceae, tinosporide, cordifolide, cordifol, heptacosanol, clerodane furano diterpene, diterpenoid furanolactonetinosporidine, columbin, and b-sitosterol are the main ingredients. A stronger immune system and greater ability to withstand infections are benefits of this plant. Aside from being anti-inflammatory and antipyretic, the bitter principle exhibited antiperiodic and antispasmodic effects. Treating rheumatoid arthritis is one of its uses. In rats with collagen-induced arthritis, it reduces paw volume at a dosage of 100 mg/kg[50-51].

Fig. 19: *Ncytanthes arbor tristis* Linn

Another name for the *Ncytanthes arbor tristis Linn* plant is a tiny tree or shrub. Southern Asia is where it may be found, ranging from the northern regions of Pakistan and Nepal to the northern regions of India. Mannitol, b-amyrin, b-sitosterol, benjoic acid, and benjoic ester of longanin, as well as nycthanic acid, are all components that are present in it. In addition to its usage as a laxative, diuretic, and diaphoretic, it is also employed in the treatment of rheumatoid arthritis, as well as in the elimination of roundworm and threadworm in children, and it is employed to alleviate coughing. In the hindpaw of rats, the leaves of Nyctanthesarbortristis Linn. were able to prevent the acute inflammatory edema that was caused by a variety of phlogistic agents, including carrageenin, formalin, histamine, 5-hydroxytryptamine, and hyaluronidase. It is possible to considerably decrease both the acute and chronic stages of arthritis that are produced by formaldehyde. Additionally, it was shown that Nyctanthesarbortristis Linn. can suppress the inflammation that is caused by immunological approaches, including Freund's adjuvant arthritis [52-54].

Conclusion:

Based on the evidence provided, it may be inferred that some plants have anti-rheumatoid arthritis properties that are comparable to manufactured antidepressants. Due to the multitude of negative consequences linked to synthetic antidepressants, we may use botanical formulations to treat anti-rheumatoid arthritis. These formulations exhibit a reduced occurrence of negative consequences compared to synthetic antidepressants.

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REVOLUTIONIZING ORGANIC FARMING: INNOVATIVE BREEDING METHODS FOR ENHANCED SUSTAINABILITY AND CROP RESILIENCE

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Abstract:

Organic farming embodies a holistic philosophy emphasizing sustainability, environmental stewardship, and harmony with nature. Central to its success are innovative breeding strategies aimed at developing crop varieties well-adapted to organic production systems. The study delves into a variety of breeding methodologies finely attuned to organic farming, covering tactics like bolstering disease resistance, fortifying against environmental stressors, augmenting nutritional quality, fostering biodiversity, embracing indigenous crop varieties, minimizing external inputs, and incorporating participatory breeding techniques. Each strategy is accompanied by precise methodologies and thoughtful considerations, accentuating the fusion of traditional agricultural wisdom with contemporary scientific advancements. By prioritizing these breeding strategies, organic farmers can access resilient, productive crop varieties while minimizing reliance on synthetic inputs. Ultimately, these efforts contribute to the sustainability, biodiversity, and resilience of organic farming systems.

Introduction:

Organic farming is more than just a method; it's a philosophy that emphasizes sustainability, environmental stewardship, and holistic approaches to agriculture. At the heart of successful organic farming lies the utilization of innovative breeding methods that work in harmony with nature's principles. Breeding strategies for organic farming focus on selecting and developing plant varieties that are well-adapted to organic production systems. These strategies aim to enhance resilience to pests and diseases, improve yield and quality, and promote environmental sustainability without relying on synthetic inputs such as chemical fertilizers or pesticides.

Breeding strategies in organic farming

1. Selection for disease resistance: Breeding programs prioritize the development of crop varieties that exhibit natural resistance to common pests and diseases prevalent in organic farming systems. This can involve traditional breeding methods, such as crossbreeding and selection, as well as modern techniques like marker-assisted selection to identify and incorporate resistance genes. Selecting for disease resistance is a crucial aspect of breeding strategies in organic farming.

Specific approaches for selecting for disease resistance

(a) Identify target diseases: Understand the prevalent diseases in the specific agroecological region where the organic farming is practiced. Different regions may face different disease pressures, so it's essential to focus on the diseases most likely to affect crops in that area.

(b) Utilize resistant germplasm: Identify and utilize crop varieties or germplasm that exhibit natural resistance or tolerance to target diseases. These varieties can serve as valuable genetic resources for breeding programs. Traditional varieties and landraces may possess valuable resistance traits that can be incorporated into breeding efforts.

(c) Evaluate genetic diversity: Assess the genetic diversity within the crop species for traits related to disease resistance. Genetic diversity provides a pool of potential traits that can be selected for through breeding programs. Maintaining and utilizing diverse genetic resources is essential for building resilience to evolving pathogens.

(d) Conduct disease screening and field trials: Implement systematic disease screening programs to evaluate the resistance levels of different varieties or breeding lines against target pathogens. Field trials under organic farming conditions can provide valuable data on how varieties perform in real-world settings.

(e) Employ participatory approaches: Engage farmers and stakeholders in the selection process to ensure that breeding objectives align with practical needs and local conditions. Participatory breeding approaches involve collaborating with farmers to evaluate and select promising varieties based on their performance in organic farming systems.

(f) Use Marker-Assisted Selection (MAS): Employ molecular tools such as DNA markers to facilitate the selection of desirable disease resistance traits more efficiently. MAS allows breeders to identify and introgress specific resistance genes or quantitative trait loci (QTLs) into breeding lines while minimizing the need for time-consuming field evaluations.

(g) Combine multiple resistance mechanism: Incorporate multiple resistance mechanisms into breeding programs to enhance durability against evolving pathogens. Pyramiding resistance genes with different modes of action or combining qualitative and quantitative resistance traits can improve the overall effectiveness and longevity of resistance in crop varieties.

(h) Consider Non-chemical control measures: Explore breeding strategies that complement non-chemical control measures for disease management in organic farming. These may include cultural practices, crop rotations, intercropping, and biological control methods that can help reduce disease pressure and support the effectiveness of resistant varieties.

2. Enhancing tolerance to environmental stress: Organic crops are often subjected to various environmental stresses such as drought, heat, and soil nutrient imbalances. Breeding strategies focused on improving tolerance to environmental stress can help organic farmers cultivate resilient crops that thrive under adverse conditions.

Approaches to enhancing tolerance to environmental stress

(a) Screening for stress tolerance: Conduct systematic screening of crop germplasm to identify genetic variation for stress tolerance traits. Evaluate different genotypes under controlled environmental conditions to assess their performance under stress, such as drought, heat, or salinity.

(b) Selecting stress tolerant germplasmm: Identify and utilize crop varieties or wild relatives with natural tolerance to specific environmental stresses. These stress-tolerant germplasms can serve as valuable genetic resources for breeding programs aimed at enhancing stress tolerance in organic crops.

(c) Utilizing marker assisted selection (MAS): Employ molecular markers linked to genes or quantitative trait loci (QTLs) associated with stress tolerance traits. MAS allows breeders to select for desirable traits more efficiently, accelerating the breeding process for stress-tolerant varieties.

(d) Breeding for physiological traits: Focus on breeding for physiological traits that contribute to stress tolerance, such as deep root systems for drought tolerance, efficient water and nutrient uptake mechanisms, osmotic adjustment, and enhanced photosynthetic efficiency under heat stress.

(e) Pyramiding stress tolerance genes: Combine multiple stress tolerance genes or QTLs through genetic pyramiding to enhance the overall tolerance of crop varieties to multiple environmental stresses. Pyramiding increases the likelihood of producing varieties with robust and durable stress tolerance.

(f) Trait stacking and multi-trait selection: Implement breeding strategies that prioritize the simultaneous improvement of multiple stress tolerance traits. By selecting for multiple traits associated with different stress responses, breeders can develop varieties with comprehensive stress tolerance profiles.

(g) Stress responsive gene expression: Investigate the genetic basis of stress tolerance mechanisms and identify genes involved in stress response pathways. Breeders can then manipulate gene expression through genetic engineering or genome editing techniques to enhance stress tolerance in crop varieties.

(h) Phenotyping under field conditions: Conduct field trials under organic farming conditions to evaluate the performance of breeding lines and varieties under real-world stress conditions. Field phenotyping allows breeders to assess the agronomic performance and stress tolerance of candidate varieties in diverse environments.

By integrating these breeding strategies, organic farmers can access crop varieties with enhanced tolerance to environmental stress, improving resilience and productivity in organic farming systems.

3. Improving nutritional quality: Improving nutritional quality is a key objective in organic farming, as it aligns with the goals of producing healthier and more nutritious food while minimizing the use of synthetic inputs. Organic farming emphasizes the production of nutritious and flavorful food. Breeding programs may focus on enhancing the nutritional content of crops, such as increasing levels of vitamins, minerals, antioxidants, and essential fatty acids.

Strategies for improving the nutritional quality of crops in organic farming

(a) Selective breeding for nutritional traits: Breeding programs can focus on selecting crop varieties with enhanced nutritional profiles. This may involve increasing the concentrations of essential nutrients such as vitamins, minerals, and antioxidants, as well as improving the balance of macronutrients such as proteins, carbohydrates, and fats.

(b) Targeted breeding for biofortification: Biofortification is the process of increasing the concentration of specific nutrients in crops through breeding or agronomic practices. Breeders can target key nutrients known to be deficient in the diets of specific populations, such as iron, zinc, vitamin A, and vitamin C, and develop crop varieties with higher levels of these nutrients.

(c) Utilization of genetic diversity: Genetic diversity within crop species provides a valuable resource for breeding programs aimed at improving nutritional quality. By screening diverse germplasm collections, breeders can identify genetic variations associated with desirable nutritional traits and incorporate them into breeding populations.

(d) Marker Assisted Selection (MAS): Molecular breeding techniques such as MAS can facilitate the selection of breeding lines with desired nutritional traits more efficiently. By identifying molecular markers linked to target nutritional traits, breeders can expedite the breeding process and develop improved varieties with enhanced nutritional profiles.

(e) Integrated of traditional and indigenous knowledge: Traditional and indigenous crop varieties often possess unique nutritional attributes and culinary qualities that can be valuable for breeding programs. Integrating traditional knowledge and practices into breeding efforts can help preserve and enhance the nutritional diversity of crops.

(f) Evaluation of organic farming conditions: Assessing the nutritional quality of crops under organic farming conditions is essential, as organic management practices can influence nutrient uptake, soil health, and plant metabolism. Field trials conducted in organic farming systems can provide valuable data on how crop varieties perform in real-world organic environments.

(h) Consideration of post harvest handing: Post-harvest handling practices can impact the nutritional quality of crops, including storage conditions, processing methods, and transportation logistics. Breeding programs can collaborate with stakeholders along the value chain to ensure that nutritional quality is maintained throughout the post-harvest process.

(i) Consumer education and awareness: Enhancing consumer awareness of the nutritional benefits of organic produce can create market demand for crops with improved nutritional

quality. Educating consumers about the nutritional advantages of specific crop varieties can incentivize farmers and breeders to prioritize breeding efforts aimed at enhancing nutritional quality.

By incorporating these strategies into breeding programs, organic farmers and breeders can contribute to the production of healthier and more nutritious food, thereby promoting human health and well-being in organic farming systems.

4. Promoting Biodiversity: Promoting biodiversity is fundamental to organic farming, as it contributes to ecological resilience, enhances ecosystem services, and supports sustainable agricultural practices. Organic farming encourages biodiversity within agroecosystems, which can enhance ecosystem resilience and stability. Breeding strategies may involve selecting and developing crop varieties that support biodiversity by providing habitat and food sources for beneficial insects, birds, and other organisms.

Strategies for promoting biodiversity in organic farming

(a) Promoting Biodiversity: Organic farming encourages biodiversity within agroecosystems, which can enhance ecosystem resilience and stability. Breeding strategies may involve selecting and developing crop varieties that support biodiversity by providing habitat and food sources for beneficial insects, birds, and other organisms.

(b) Crop diversity: Encourage the cultivation of diverse crop species and varieties within agroecosystems. Crop diversity can improve resilience to pests and diseases, enhance soil fertility through nitrogen fixation and nutrient cycling, and provide habitat and food sources for beneficial insects and wildlife.

(c) Polyculture and interplanting: Practice polyculture by growing multiple crop species together in the same field. Interplanting different crops can help suppress weeds, reduce pest pressure, and optimize resource use. Mixed cropping systems also promote biodiversity by creating diverse habitats for beneficial organisms.

(d) Crop rotation: Implement crop rotation schemes that include a variety of plant families and crop types. Rotating crops helps break pest and disease cycles, improve soil health, and maintain nutrient balance in the soil. Diverse crop rotations also support biodiversity by providing varied habitats and food sources for soil microbes and beneficial insects.

(e) Integration of perennial crops: Integrate perennial crops such as fruit trees, shrubs, and perennial vegetables into agricultural landscapes. Perennial crops offer long-term habitat and food sources for wildlife, promote soil health and water retention, and contribute to landscape diversity.

(f) Hedgerows and Buffer strips: Establish hedgerows, windbreaks, and buffer strips composed of native vegetation around agricultural fields. These features serve as wildlife corridors, provide

nesting sites and food sources for beneficial insects and birds, and enhance biodiversity in the surrounding landscape.

(g) Conservation of genetic resources: Conserve and utilize genetic resources, including traditional and heirloom crop varieties, landraces, and wild relatives of cultivated crops. Genetic diversity within crop species provides a reservoir of valuable traits for breeding programs and helps safeguard against crop diseases and environmental stresses.

(h) Promotion of wild habitats: Preserve and restore natural habitats such as wetlands, grasslands, and forests within and around agricultural landscapes. Wild habitats support diverse plant and animal communities, contribute to pollination and pest control services, and enhance overall ecosystem resilience.

(i) Integrated pest management (IPM): Implement IPM strategies that prioritize biological control methods, habitat management, and cultural practices to manage pests and diseases. By reducing reliance on chemical pesticides, IPM practices help preserve biodiversity and promote the abundance of natural enemies and beneficial organisms.

By incorporating these strategies into organic farming practices, farmers can contribute to the conservation of biodiversity, improve ecosystem health, and enhance the resilience and sustainability of agricultural systems.

5. Adopting local varieties: Adapting local varieties is a crucial aspect of organic farming, as it helps preserve genetic diversity, enhances resilience to local environmental conditions, and supports the cultural heritage of farming communities. Breeding programs may involve the conservation and improvement of local varieties through participatory breeding approaches involving farmers and local communities.

(a) Germplasm collection and preservation: Identify and collect local crop varieties, landraces, and heirloom seeds that are well-adapted to the specific agroecological conditions of the region. Establish seed banks or community seed saving initiatives to preserve and maintain local genetic diversity.

(b) On farm selection and participatory breeding: Engage farmers and local communities in on-farm selection and participatory breeding programs to adapt local varieties to changing environmental conditions and farming practices. Farmers' traditional knowledge and preferences are valuable for identifying desirable traits and selecting improved varieties.

(c) Field trials and evaluation: Conduct field trials and evaluations of local varieties under organic farming conditions to assess their performance, adaptability, and resilience to local pests, diseases, and environmental stresses. Collect data on yield potential, disease resistance, nutritional quality, and other relevant traits.

(d) Breeding for climate resilience: Select and breed local varieties for climate resilience, focusing on traits such as drought tolerance, heat tolerance, disease resistance, and adaptability to

variable weather patterns. Incorporate adaptive traits from local varieties into breeding programs to develop improved cultivars suited to changing climatic conditions.

(e) Incorporation of Traditional knowledge: Integrate traditional ecological knowledge and farming practices into breeding efforts to enhance the adaptability and sustainability of local crop varieties. Incorporate farmers' observations and experiences of local varieties' performance under different conditions into breeding objectives.

(f) Promotion of farmer-managed seed systems: Support farmer-managed seed systems and decentralized seed networks to facilitate the exchange, conservation, and adaptation of local varieties. Empower farmers to save, select, and exchange seeds locally, thereby preserving genetic diversity and promoting the resilience of agroecosystems.

(g) Collaboration with research institutions: Collaborate with agricultural research institutions, universities, and extension services to enhance the scientific understanding of local crop varieties and support breeding programs focused on adaptation and improvement. Exchange knowledge and resources to bridge scientific and traditional knowledge systems.

(h) Market access and value addition: Facilitate market access and value addition for local varieties through certification, branding, and marketing initiatives that highlight their unique qualities, cultural significance, and environmental benefits. Promote consumer awareness and appreciation of locally adapted crops to create market demand and economic opportunities for farmers.

By adapting local varieties through participatory breeding, on-farm selection, and collaboration with farmers and researchers, organic farming systems can benefit from the resilience, adaptability, and sustainability of diverse crop genetic resources suited to local agroecological conditions.

6. Reducing input dependency: Reducing input dependency is a central goal of organic farming, aiming to minimize reliance on external inputs such as synthetic fertilizers, pesticides, and genetically modified organisms. Breeding strategies can contribute to this goal by developing crop varieties that require fewer inputs such as synthetic fertilizers and pesticides while maintaining high yields and quality.

Strategies for reducing input dependency in organic farming

(a) Soil health management: Prioritize soil health through practices such as crop rotations, cover cropping, and organic soil amendments (e.g., compost, manure, green manures). Healthy soils with balanced nutrient levels and robust microbial activity can support crop growth and reduce the need for external fertilizers.

(b) Nutrient cycling and recycling: Implement nutrient cycling strategies that optimize the use of on-farm resources and minimize nutrient losses. Recycling organic matter through

composting, mulching, and crop residue incorporation helps maintain soil fertility and reduces the need for external nutrient inputs.

(c) Integrated pest management (IPM): Adopt IPM practices that focus on prevention, monitoring, and biological control methods to manage pests and diseases. Enhance natural pest regulation by promoting biodiversity, conserving natural enemies, and utilizing cultural practices to disrupt pest life cycles.

(d) Biological Nitrogen fixation: Harness biological nitrogen fixation by leguminous crops and nitrogen-fixing bacteria to supply nitrogen to crops without relying on synthetic nitrogen fertilizers. Intercropping legumes with other crops or incorporating legume-based green manures can contribute to nitrogen inputs in organic farming systems.

(e) Crop diversification and polyculture: Diversify cropping systems and practice polyculture to enhance ecosystem resilience and reduce pest and disease pressure. Mixed cropping systems can help suppress weeds, break pest cycles, and improve overall system stability without the need for chemical inputs.

(f) Water management and conservation: Implement water-efficient irrigation practices, such as drip irrigation or rainwater harvesting, to optimize water use efficiency and reduce dependence on irrigation inputs. Enhance soil water retention through organic matter management and soil conservation practices.

(g) Resilient crop varieties: Select and breed crop varieties that are well-adapted to local environmental conditions and possess traits such as disease resistance, drought tolerance, and nutrient use efficiency. Resilient varieties can perform well under organic management while reducing the need for external inputs.

(h) Strengthening agro-ecological interactions: Emphasize agroecological principles that enhance natural processes and interactions within agroecosystems. Foster beneficial relationships between crops, soil organisms, and other biota to improve nutrient cycling, pest regulation, and overall system resilience.

(i) Knowledge sharing and capacity building: Provide education, training, and technical assistance to farmers on organic farming practices and agroecological principles. Empower farmers with the knowledge and skills needed to implement sustainable farming methods and reduce input dependency over time.

By implementing these strategies, organic farmers can gradually reduce their reliance on external inputs while maintaining or improving farm productivity, profitability, and environmental sustainability. Reducing input dependency not only benefits farmers by lowering production costs but also contributes to the long-term resilience and viability of organic farming systems.

7. Incorporating participatory breeding: Participatory breeding involves collaboration between breeders, farmers, and other stakeholders in the selection and development of crop

varieties. This approach ensures that breeding objectives align with farmers' needs and local agroecological conditions, leading to the development of varieties that are well-suited to organic farming systems.

Steps and strategies for incorporating participatory breeding into organic farming

(a) Identify breeding objectives: Collaborate with farmers and stakeholders to identify breeding objectives and priorities based on local agroecological conditions, farming practices, market demands, and cultural preferences. Consider traits such as disease resistance, drought tolerance, nutritional quality, and yield potential.

(b) Germplasm selection and evaluation: Collect and evaluate diverse germplasm, including traditional varieties, landraces, and wild relatives, for desirable traits relevant to breeding objectives. Involve farmers in the selection and evaluation process to ensure the inclusion of locally adapted and preferred varieties.

(c) On farm trials and selection: Conduct on-farm trials and participatory selection exercises to assess the performance and adaptability of candidate breeding lines under organic farming conditions. Engage farmers in evaluating traits such as yield, disease resistance, taste, and suitability for local culinary uses.

(d) Capacity building and training: Provide training and technical assistance to farmers on basic breeding principles, seed saving techniques, and participatory research methods. Empower farmers with the knowledge and skills needed to actively participate in breeding activities and make informed selection decisions.

(e) Collaborative breeding networks: Establish collaborative breeding networks that facilitate knowledge sharing, resource exchange, and collaboration among farmers, researchers, breeders, and seed organizations. Foster partnerships that support the co-creation and dissemination of improved crop varieties.

(f) Documentation and data management: Document breeding activities, selection criteria, and performance data generated through participatory breeding trials. Maintain comprehensive records of farmer preferences, observations, and feedback to inform breeding decisions and track varietal performance over time.

(g) Incorporate farmer feed back: Integrate farmer feedback and preferences into breeding decisions and variety development processes. Solicit input from farmers on traits of importance, varietal preferences, and desired agronomic characteristics to ensure that breeding efforts align with local needs and priorities.

(h) Seed multiplication and dissemination: Multiply and disseminate improved seed varieties through community seed banks, farmer-to-farmer exchanges, and local seed networks. Promote decentralized seed production systems that empower farmers to save, exchange, and access diverse seed varieties adapted to their farming systems.

(i) Policy support and recognition: Advocate for supportive policies and regulations that facilitate participatory breeding initiatives, protect farmers' rights to save and exchange seeds, and promote the conservation of crop genetic diversity. Recognize and value the contributions of farmers as custodians of agricultural biodiversity

By incorporating participatory breeding into organic farming practices, farmers can contribute to the development of crop varieties that are resilient, productive, and culturally relevant, while strengthening local seed systems and enhancing agricultural sustainability.

Conclusion:

Breeding strategies tailored to organic farming are essential for realizing the philosophy of sustainable agriculture. By prioritizing disease resistance, environmental stress tolerance, nutritional quality improvement, biodiversity promotion, adoption of local varieties, input reduction, and participatory breeding, organic farmers can cultivate resilient crops that thrive in harmony with nature. The integration of traditional knowledge with modern breeding techniques ensures that crop varieties are well-suited to local conditions and farmer needs. As organic farming continues to evolve, these breeding strategies play a crucial role in enhancing sustainability, biodiversity, and resilience, ultimately contributing to a healthier planet and food system. Organic farming is not just a method but a philosophy, and through innovative breeding, it can continue to lead the way towards a more sustainable and resilient agricultural future.

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AN OVERVIEW OF HERBAL INGREDIENTS WITH ANTI-DANDRUFF PROPERTIES IN SHAMPOO FORMULATIONS

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Abstract:

Dandruff is a skin condition that affects the scalp of up to half the world's population; this condition is characterized by an itchy, flaky scalp and is associated with various intrinsic and environmental factors, such as sebaceous secretions, skin surface fungal colonization, and individual susceptibility. This review goes into detail into the anatomy, pathophysiology, causes and symptoms, and treatment choices for Dandruff. This review discusses various bioactivities through which these compounds treat dandruff such as anti-bacterial, anti-fungal activity.

Keywords: Dandruff, Itchy, Scalp, Anti-Bacterial, Anti-Fungal.

Introduction:

Invertebrates have been known for more than 80 years to be capable of producing new hair cells at any point during their lives. In the 1930s, for instance, Leon Stone investigated the regeneration of the entire tail and the regeneration of lateral line amputation in amphibian embryos. Early in the 1980s, several studies revealed that mature fish and rays' inner ears were continuously producing hair cells (Rubel *et al*., 2013). In the Philippines, the three most prevalent hair issues are (1) hair fall, (2) dandruff, and (3) having nice-smelling hair in spite of the heat (Angela M *et al*., 2023).

Research on the scalp microbiome that have been done up to this point have only looked at the taxonomic diversity and makeup of the bacterial and fungal communities within the various populations. These investigations have highlighted the individual or population-specific compositional changes and identified Propionibacterium and Staphylococcus as the predominant bacterial and fungus taxa, respectively. It has been widely documented that certain types of scalp problems are linked to the major fungal and bacterial genera, specifically the Malassezia yeasts (Saxena *et al*., 2018).

The majority of species in the genus Malassezia are lipophilic and can be found on warm-blooded animals' and people's skin. There are fourteen species in the Malassezia genus, and lately, Malassezia arunalokei, a new species, was added to the group. The majority of the saturated long chain fatty acids (LCFA), such as palmitic acid, are consumed by the fungus itself for its own growth on the scalp; in sensitive skin with significant alterations in barrier integrity,

some of these unsaturated fatty acids penetrate the stratum corneum and induce inflammation and enhance abnormal keratinization. Malassezia secretes lipases and hydrolases that act on human sebum and release diglycerides, unsaturated, and saturated fatty acids on the scalp (Sadhasivan *et al*., 2020).

This review presents data that was collected about the usage of herbal and natural plants in anti-dandruff shampoos. The physico-chemical characteristics, botanical origins, and bioactivity of herbal compounds as components in shampoo formulations are also covered in this paper. Additionally, some compounds having anti-dandruff activity might not be included in this review; therefore, the researchers will mainly concentrate on the compounds that are included in this review.

Phytochemical properties and sources of herbal ingredients with anti – dandruff activity:

The article review uses peer-reviewed publications and studies that have been recovered from various journals databases like PubMed, Google Scholar, Research Gate, and Elsevier. which focuses specifically on the following topics: (1) the anatomy and physiology of hair; (2) the pathophysiology and treatment of dandruff; (3) herbal ingredients that have anti-dandruff activity; (4) the phytochemical properties, botanical sources, and bioactivity; and (5) the benefits and drawbacks of new shampoo formulations that contain these herbal ingredients.

1. Hair anatomy and physiology:

The epidermis is a precursor of hair. Hair is composed of individual living hair follicles, cylindrical epithelial down growths into the dermis, and subcutaneous fat that enlarges at the base into the hair bulb surrounding the mesenchymal - derived dermal papilla. On the outside, hair is thin, flexible tubes of fully keratinized epithelial cells. In terms of macrostructure, hair differs between ethnic groups and between individual people in terms of length, diameter, colour, and cross-sectional shape (Buffoli *et al*., 2014).

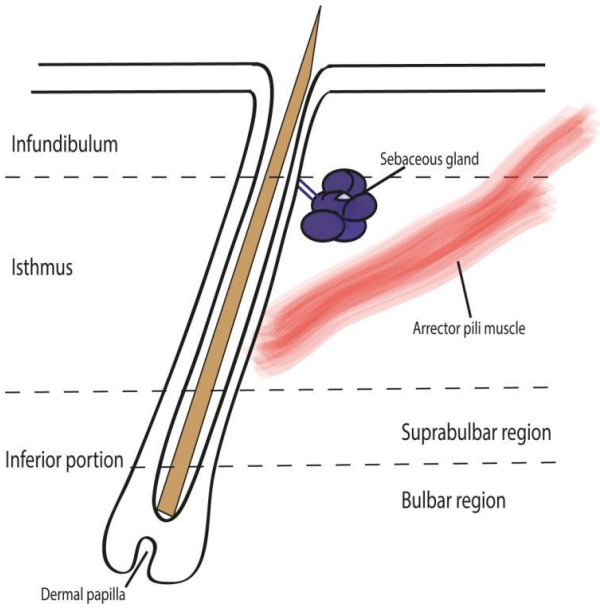
2. Parts of hair:

The majority of herbivores and omnivores, such as horses, cattle, pigs, rats, and mice, have simple follicles with one HS in each infundibulum. Compounded follicles are found in rabbits and carnivores (dogs, cats, etc.), where each infundibulum has many HSs. While the bulk of the hair shafts (HSs) in the compound follicle have modest diameters, some, known as guard or prime hairs, have enormous diameters. Sheep and humans have simple or compound follicles, depending on where in the body they are located. Simple hair follicles (HFs) are found on the body, but the majority of follicular units in the human scalp consist of two to four hairs (Welle *et al*., 2016).

3. The hair shaft:

There are three layers in the hair shaft: the cuticle, cortex, and sometimes the medulla. Cuticle cells, which are square-shaped and flat, are firmly attached to cortical cells in the

proximal direction. Extensive overlap is produced when the distal free edge is directed upward by the pericentric movements of cuticle cells. These steps of imbrication are essential. They help the hair follicle anchoring process by interacting with the cuticle cells of the inner root sheath. Scratching the scalp and removing desquamated cells is also made easier by these imbricated surfaces. The cuticle serves as a barrier against chemical and physical damage and has significant defensive qualities as well (Erdogan *et al*., 2017).



Structure and parts of hair (Welle *et al.*, 2016)

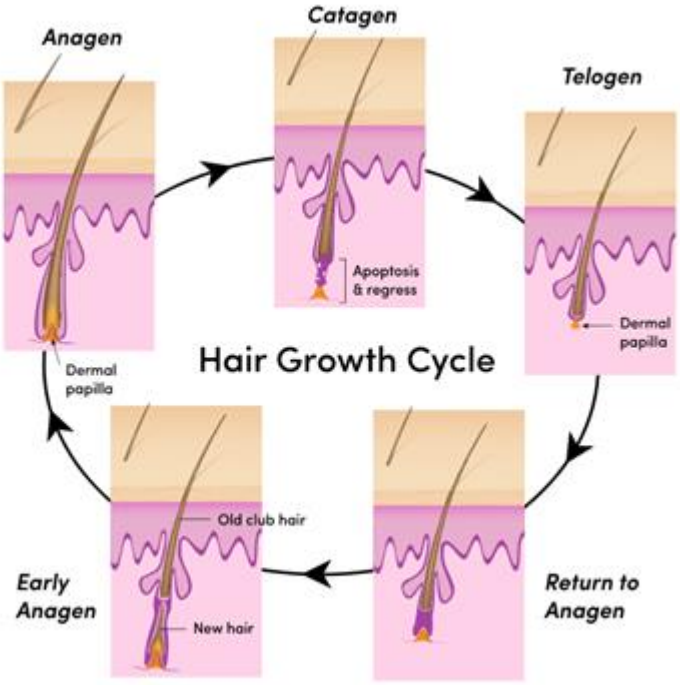
Hair growth:

The process of hair development is continuous and is divided into four phases: exogen, or shedding; telogen, or rest; catagen, or regression; and anagen, or growth. Every hair follicle has ten to thirty cycles over its lifetime, each of which occurs separately. The average person has between 100 and 150 telogen hairs per day, however most people have over 100,000 hairs on their scalp at any given time. The density and total number of hair strands remain essentially constant in healthy conditions because some hairs are in the anagen phase while others are resting or shedding (Natarelli *et al*., 2023).

While they are usually missing in xenografts, HFs with typical telogen shape can be observed in situ. Their distinctive features include: (i) the HF being completely positioned above the dermal/adipose boundary; (ii) prominent, unpigmented, serrated club hair; and (iii) a very compact, well-rounded DP that is divided from the club hair by an extremely short, unpigmented epithelial strand known as the "secondary hair germ" (SHG). In general, apotropotic cells are absent (Kloepper *et al*., 2016).

Significantly, many extrafollicular skin compartments remodel along with the pelage HFs cycle. For instance, the vascular network and dWAT of anagen skin are expanded, and its immune cell repertoire is altered in contrast to telogen skin. As a result, while planning and evaluating skin

investigations in mice, the hair cycle should be taken into consideration as the primary variable because it significantly alters the cellular composition and expression profiles in almost every skin compartment (Rodney *et al*., 2007).



Hair growth cycle (https://hairlossmedicalsolutions.com.au/hair-replacement-cycle/)

Problems related to hair:

1. Hair loss:

Hair loss and thinning hair are also common in women, despite being traditionally associated with men. Male pattern baldness is starting to affect a number of guys. Common causes of female hair loss include menopause, hormone changes, stress, and medication. Furthermore, a lot of hair style products that contain chemicals or extreme heat might cause hair loss (Wang L *et al*., 2022).

2. dandruff:

An itchy, flaky scalp is the hallmark of dandruff, a skin condition that affects up to half of the world's population. It is linked to a number of intrinsic and environmental factors, including sebaceous secretions, fungal colonisation on the skin's surface, and individual susceptibility (Wang L *et al*., 2022). The primary fungus associated with dandruff is malassezia species. Current efficacious anti-dandruff treatments target *Malassezia* as the main effector of dandruff (Jourdain *et al*., 2023).

3. Microbial etiopathogny of dandruff:

Dandruff is probably caused by a number of intricately mediated aetiopathogenic pathways. On the other hand, the microbial aetiology of the common type of dandruff is simple. Numerous microorganisms are typically present on the scalp. They are particularly rich in

staphylococci, Propionibacterium species, and Malassezia species, with a density of 103 to 105 organisms per millimetre. These plates only captured a small portion of the very small minority of commensal yeasts that are present near the skin's surface but do not cling to it tightly, which suggests that the reason for this was methodological bias. The yeasts that are securely attached to the skin's surface or enclosed in the stratum corneum were therefore not investigated in any way by this technique (Pierard *et al*., 2006).

4. Non-microbial etiopathogeny of dandruff:

The reason of dandruff that is not microbiological is well known. It is recognised that excessive sun exposure results in scalp desquamation. Dandruff is partially caused by minor scalp irritation brought on by excessive shampooing, frequent combing, usage of specific cosmetic products, dust, and debris. Nevertheless, there is insufficient experimental support for the aforementioned hypotheses (Ranganathan *et al*., 2010).

5. Weathering:

Weathering is the gradual deterioration caused by normal, daily wear and tear from the cuticle tip to the hair's root and eventually to the cortex (Rodney *et al*., 2007).

6. Bleaching:

The cortical melanin that already exists is oxidised by bleaching. It takes longer to bleach darker hair. Bleaching red hair is more challenging than bleaching brown hair (Rodney *et al*., 2007).

7. Permanent styling:

Straighteners or permanent waving are the methods used to produce permanent styling. Due to the denaturation of the structural disulfide connections involved in both processes, the hair may sustain serious harm as a result (Rodney *et al*., 2007).

Signs and symptoms:

The major and signature symptoms are pruritus and flaking, respectively, and they tend to be correlated in intensity. Impaired function of the stratum corneum barrier is the cause of the symptom of dry scalp, which can also feel tight. The most common methods for assessing skin dryness signs are a variety of equipment based on electrical properties of the skin surface or transepidermal water loss (TEWL) measurement; tightness is usually assessed using subjective self-assessment scores (Schwartz *et al*.,2013).

Treatment:

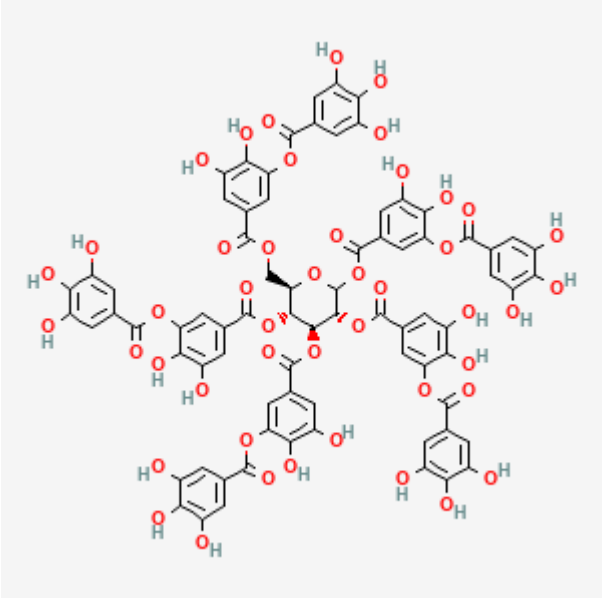
The following approaches can be used in combination to treat dandruff: Among the techniques for treatment are:

1. Addressing the Root Cause: This mostly entails using antifungal medications such as zinc pyrithione, selenium sulphide, ketoconazole, climbazole, etc.

2. Managing the Indications: This includes using anti-proliferatives such as coal tar and keratolytics such as salicylic acid (Narshana *et al*., 2018).

Physiochemical properties:

Commercial tannic acid's chemical formula, $C_{76}H_{52}O_{46}$, sometimes represents a decagalloyl glucose; however, in actuality, it is a mixture of polygalloylquinic acid or polygalloyl glucose esters, with the number of galloyl molecules varying from 2 to 12, depending on the plant source (Pregasen *et al*.,2013). Known by several names such as acidumtannicum or gallotannic acid, tannic acid is a polyphenol. Tannic acid contains several phenolic groups, making it a weak acid. This acid occurs naturally in Quercus infectoria, tara pods, Sicilian sumac leaves, and Rhussemialata gallnuts. Tannins are present in many different plant species. Both gymnosperms and angiosperms commonly include them (Vedantu *et al*., 2022).



Chemical structure of Tannic Acid (National Center for Biotechnology Information (2024). PubChem Compound Summary for CID 16131300)

Tannic acid in nature:

Tannins are present in many different plant species. Both gymnosperms and angiosperms commonly include them. Mole investigated the distribution of tannins in 180 groups of dicotyledons and 44 families of monocotyledons (Cronquist). Most dicot families have species that are devoid of tannins, as determined by their capacity to precipitate proteins. The most well-known families with members that all contain tannin in the species under study include Actinidiaceae, Aceraceae, Bixaceae, Anacardiaceae, and Myricaceae for dicots, and Grossulariaceae, Najadaceae, and Typhaceae for monocots (Pronantyo *et al*., 2018).

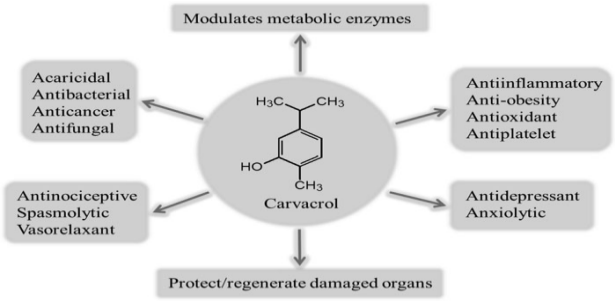
Bioactivity of tannic acid:

Anti-bacterial and anti-fungal activity:

A major issue with antibacterial testing is the development of antibiotic resistance. Longer hospital stays, a higher death rate, and higher medical costs are the results. Antibiotic-resistant infections like gonorrhoea, blood poisoning, pneumonia, TB, and foodborne illnesses are becoming more common, and treating them with antibiotics is becoming harder and often impossible. Because of its many different chemical and biological properties, tannic acid has attracted a lot of attention. The rapid proliferation of drug-resistant bacteria has impacted the search for effective antimicrobial medications that reveal more direct bactericidal routes (Pronantyo *et al*., 2018).

Carvacrol:

1-methylethyl-2-methyl-5-phenol, or carvacrol. There are several ways to create carvacrol: you can use an effective solid acid catalyst to aromatize carvone in the presence of sulfuric acid, or you can sulfonate para-cymene and then fuse it with alkali. Another approach is to chlorinate alpha-pinene using tert-butyl hypochlorite. The chemical formula for it is C10H14O. Carvacrol smells like thymol and is a viscous, colourless or yellowish liquid. The boiling point of carvacrol is 237.7 °C, whereas its melting point is 1.0 °C. Carvacrol has a solubility of 0.01M and a flash point of 100°C. It is soluble in ethanol, ether, alkali, and water, but it is particularly soluble in acetone (de Oliveira *et al*., 2020).



Carvacrol (Pagaran, p. 2023)

Carvacrol in nature:

Carvacrol can be found in a wide variety of aromatic plants, such as Saturejahortensis (summer savoury), Thymus vulgaris and Thymus zygis (thyme), Thymus serpyllum (white thyme), and Saturejamontana (winter savoury). Thymbracapitata (Spanish origanum) is another aromatic plant that contains carvacrol (Suntres *et al*., 2014).

Bioactivity of carvacrol:

1. Anti-bacterial and anti-fungal activity:

The primary mechanism of carvacrol's antibacterial action, which is greater against Gram-positive bacteria than Gram-negative bacteria, is bacterial membrane damage. This results in the dissolution of the proton motive force and a subsequent reduction in ATP synthesis, which

in turn reduces the synthesis of other energy-dependent cell processes like enzyme and toxin synthesis. Bacillus cereus, Enterococcus faecalis, Listeria monocytogenes, Staphylococcus aureus, Escherichia coli, Pseudomonas fluorescens, Salmonella typhimurium, Vibrio cholerae, and V. vulnificus are just a few of the Gram-positive and Gram-negative pathogens that have been extensively tested in food as antimicrobial agents, with carvacrol being one such agent (Magi *et al.,* 2015). Carvacrol has significant antifungal action against Candida albicans, according to a study on the antifungal activity against Malasseziafurfur. Not effective enough, nevertheless, for M. furfur (Ferhout *et al*., 1999).

Advantages and disadvantages:

erbal cosmetics are commonly designed to manage oil production, brighten skin, eliminate black spots, minimise wrinkles, moisturise dry skin, prevent dandruff, protect skin, take care of hair, and have an anti-oxidative antipollution effect (Yarpar EA *et al*., 2017). The best technique to treat dandruff is to use herbal treatments and herbs that have anti-dandruff properties. Publications have also been released that investigate the antifungal properties of the essential oils. A study looks at how well various plant extracts work as antifungals against Malassezia furfur, and many organic plant extracts have antidandruff properties. The antifungal properties of such plant extracts may be assessed, and they can be effectively substituted for chemical agents in a range of anti-dandruff compositions. Plant extracts are known for their antifungal properties as well as their conditioning properties, which are beneficial for maintaining the overall health of the scalp and hair (Modish *et al*.,2018). Synthetic preparations are preferred over organic formulations in prescriptions because herbal compounds have greater MICs (Minimum Inhibitory Concentration) than synthetic ingredients like zinc pyrithione, ketoconazole, selenium sulphide, salicylic acid, etc. This indicates that a greater concentration of plant-based substances is needed to prevent Malassezia from growing. Aside from that, the diameter of the ZOI (Zone of Inhibition) was low for herbal shampoos. Research from the past indicates that dandruff shampoos containing herbs work well. Comparatively speaking, they are less effective against dandruff than store-bought synthetic shampoos (Prabhamanju *et al*.,2009). Therefore, even if shampoos made from botanical sources to treat hair loss may be more ethical and sustainable, their effectiveness is still in doubt because of several research' and tests' high MIC and low ZOI results.

Conclusion:

A person's perception of their personal look, which affects their confidence and sense of self-worth, is greatly influenced by their hair. Malassezia furfur and host variables work together to generate dandruff, a scalp ailment that is highly prevalent in the population. Antifungal medications used in most commercial anti-dandruff shampoos seem to lessen the condition's likelihood of occurring. Because there is a large variety of antidandruff shampoo formulas on the

market, these products are well-known for their therapeutic applications worldwide. Shampoos with herbal ingredients are frequently marketed for their organic qualities; however, their effectiveness in treating the aforementioned skin disease is often overlooked, as their efficacy in preventing its recurrence is dependent on individual susceptibility. In order to effectively treat dandruff, new formulations comprising proven anti-dandruff ingredients with extended contact times at the site of action are required.

Acknowledgment:

The authors are grateful to the Maagement, Principal, and Head of the Department, Department of Biochemistry (DST FIST Sponsored Department), PSG College of Arts & Science, Coimbatore for providing guidance and support.

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ANTHROPOGENIC ACTIVITIES AND THEIR IMPACT ON ENVIRONMENT

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Abstract:

Nature contains different types of systems which is called environment. Environment is affected by various activities There are various types of damage to the environment for various reasons. Environment has plants, animals and natural resources such as rivers, lakes, oceans and other natural habitats. The damage to these ecosystems is mainly caused by natural causes such as floods, volcanic explosions, cyclones and so on. The reasons for environmental pollution are also anthropogenic. Human activities disturbed natural processes like soil, water and atmosphere, and led to pollution. It caused problems like ozone layer depletion, greenhouse effect. Plastic is the major reason for environmental pollution. It is stored in various ecosystems and converted into microplastics, which enters into the digestive system of living organisms and causes health problems. For example, the soil ecosystem is damaged due to usage of chemical fertilizers in agriculture. It led to the loss of soil fertility, finally causing soil erosion as it decreases the microbial content of the soil.

Keywords: Environment, Pollution, Human Activities, Health, Living Organisms

Introduction:

Earth has one of the unique features that is environment. It contains living as well as non living things. In nature they will interact with each other. Environment is one of the key factors because of which living is possible. life originated on this earth after the formation of the environment. Environment consists of various elements which are essential for life such as inorganic and organic substances. Hydrogen and other elements are the examples of inorganic materials. It is impossible for living organisms to live without an environment. It contains various factors like air, water, land etc.

Ecosystem: ecosystem is the place where biotic parts like plants and animals will be in relationship with abiotic parts such as surroundings like water, soil, weather and temperature etc. It is the co relationship between biotic and abiotic factors. Ecosystem is a particular geographical location where certain animals and plants live and interact with certain environmental conditions. Biodiversity of different ecosystems may vary depending on the conditions it has. Earth did not have an environment at the beginning. It was formed after chemical reactions of various materials for so many years. There is a theory that basic elements reached earth from stars. The basic elements formed around 14 billion years ago, after the Big Bang. Most likely the element hydrogen which was formed at the beginning for the first time. After so many years, other

elements originated. After millions of years, the complex materials like carbon originated by the reactions of various chemicals. The chemical bonds between complex molecules led to the formation of life. From the beginning, life started interacting with the environment.

Living organisms get food and shelter from environment. Living organisms interact with the environment in various ways, such as predator-prey interactions, parasitism and symbiotic relationships etc. The study of these interactions is termed as ecology.

Environmental pollution:

When the environment is disturbed because of various reasons, it is termed as environmental pollution. Pollution is the addition of hazardous or harmful materials into the environment and causes damage or adverse effects in the entire system. It may vary from source where it occurs such as Air pollution, water pollution, soil pollution etc. There are various reasons for pollution. But they are mainly divided into two types *viz.* natural disasters and anthropogenic activities.

Natural disasters:

The disturbances caused in nature due to some sudden changes are called natural disasters. Natural disasters affect the environment in various ways. Earthquakes, volcanic explosions, floods will create a lot of nuisances in the environmental rhythms. They will form so many harmful and hazardous materials into the environment. Earthquakes will disturb the entire rhythm of nature. Volcanic explosions create so many harmful compounds into the environment such as dust. Floods pollute the cities, towns and villages. Garbage, dust and mud will be entered into the place where people live. It causes diseases and affects the daily routine of people. This is natural pollution caused due to disasters. They are not very frequent.

Anthropogenic activities:

Apart from natural disasters, there is another type of pollution which is caused due to human activities and it is called as pollution caused by anthropogenic activities. There are various types of pollution caused due to human activities. Air pollution is due to toxic gasses released into the environment. Water pollution is due to addition of hazardous compounds into the water bodies. pollution causes ozone layer depletion and greenhouse effect. Ozone layer protects earth from ultraviolet radiation releases from the Sun. But the harmful gasses released from industries, causes ozone layer depletion. The carbon monoxide released from vehicles causes severe health problems in humans also. Symptoms like dizziness will be developed in people. Soil pollution occurs due to excessive amounts of chemical fertilizers added to soil for agricultural practices. Sound pollution originate due to the sounds which are generated by various activities caused by human activities.

Sources of pollution:

There are various sources for pollution.

- Vehicles, industries, and dust are the sources for air pollution.
- Industrial, domestic waste is the source for water pollution.
- Agricultural practices are the source for soil pollution.
- Vehicles, industries are the sources for sound pollution.

Literature review:

Environmental pollution is caused by various reasons. The anthropogenic activities cause a lot of disturbances in the ecosystem. Chemical fertilizers are the reasons for soil pollution. Soil constitutes the various types of organic and inorganic materials etc which are beneficial for the survival of living organisms. So, the soil contains various types of microorganisms. Microorganisms which are present in the soil promote plant growth. Major portion of bacteria present in the rhizosphere of a plant. They form a symbiotic relationship with the plants. For example, rhizobium will be present in the roots of legume plants, and helps in nitrogen fixation as well as nodule formation. Various bacteria like phosphate solubilizing bacteria etc will be present in the rhizosphere.

Chemical fertilizers are being used in agriculture to improve crop yield. As they are effective against pests and insects. But ultimately, they reach the root system of a plant and cause loss of microbial population of the soil. If the chemical fertilizers are used continuously, it causes loss of soil fertility. Due to frequent use of chemical fertilizers, the soil loses its capacity to grow a plant as it loses plant growth promoting bacteria. There are researches which proved that chemical fertilizers cause damage to the soil. Chemical fertilizers are used to improve crop yield but 30-40% only is used by them. Remaining portion is taken up by the soil (santayo *et al.*, 2012). If the chemical compounds are used more, the toxicity of the soil will be increased.

For example, the chemicals like glyset are used, the microbial population of the soil will be reduced by 4% when the concentration is 50ppm. When the concentration is 100 ppm, the microbial load of the soil will be reduced by 11% (Mehjin *et al.*, 2019).

Biofertilizers:

Bio fertilizers are the fertilizers where the biological agents like bacteria are used as fertilizers for crop yield. The comparative study of chemical fertilizers and biofertilizers shows that the biofertilizers will promote plant growth more than chemical fertilizers.

In this experiment, the chemical fertiliser, ammonium sulfate, was used and biofertilizer, cow dung, was used, after 15 days the results were obtained. This shows the effect of chemicals introduced by humans on the environment.

Effects of plastic on environment:

Plastic is invented by humans for their day to day activities. Plastic is being used in so many places. Plastic is made up of various compounds which are hazardous. Plastic is made up of polyethylene and other compounds which are not easily dissolved in the earth. So it is stored in the natural resources for so many years. It affects the environment and living organisms. According to the research, plastic is modified into microplastics and enters into the various systems of the environment and causes disturbance. Microplastic particles will be present in the food which is consumed by animals. These particles reach the digestive system of animals and cause problems in digestion. It leads to loss of hunger and loss of appetite in animals (Charlton Howard *et al.,* 2023).

Plastic causes disturbance in the environment as well as animal health which is introduced by humans. Animals consume their food naturally, but they contain harmful microplastic particles which are there in soil and water which leads to health problems and death in animals.

Conclusion:

There is a saying, that nature is the mother but environment and biodiversity will be affected by various activities of humans. They Show health issues and loss of microbial load in various organisms because of the substances which are invented by humans for their selfish needs.

Acknowledgements:

The author acknowledges the department of microbiology, osmania university, Hyderabad, India for this small study.

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DETECTING PHYTOPATHOGENS USING SENSING AND ADVANCED IMAGING SENSORS

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Abstract:

Plant diseases play a significant role in crippling the economy at both national and international level. This is because; it contributes the high yields loss thereby causing a potential risk for global development. This chapter discussed some of the techniques that can be used for detecting plant pathogenic diseases. Some of the approach addresses here include; nanomaterial-based sensing technique, imaging as well as advance imaging. Eventually, this chapter would serve as a guide for the determination of plant pathogenic detection.

Introduction:

Diseases of plant cause a serious loss. This is because, agricultural economy and development depends on productivity. The natural ability of plant disease makes it diagnosis very significant, and this is among the reason why it's crucial for early diagnosis and detection in agricultural development. The quality as well as quantity of the products or productivity would be given more attention if there much care is not taken. In United States alone, for example, a small leaf trees is very dangerous in pine it's very crucial for detection and diagnosis of plant pathogens or diseases using an automated procedure this is because it can reduce the widespread surveillance of farm sites and early detection the signs of diseases upon rises on plant leaves (Mojjadal *et al.*, 2020). Accurate detection and diagnosis of plant disease as early as possible are the way forward in plant that can reduce both quality and quantity in crop yields production losses. The use of optical techniques, such as RGB imaging, multi and hyper spectral sensors, thermography, or chlorophyll fluorescence, have demonstrates their potential role in automated, objective, as well as reproducibility in detection systems for early identification and quantification at epidemics time. In a recent development, 3D has also joined as optical analytical tool for supplying more information on the vitality of crop. The availability of numerous platforms from proximal to remote sensing for multiscale monitoring of single crop organs or the whole parts.

The reliability and accuracy of detection diseases aided by highly sophisticated and innovative methods of data analysis that lead to new insights derived from sensor data for complex plant-pathogen systems. Nondestructive, sensor-based methods support and expand

upon visual and/or molecular approaches to plant disease assessment. The most relevant areas of application of sensor-based analyses are precision agriculture and plant phenotyping (Mahlein, 2016).

Imaging techniques implemented on plant phenotyping provide complex and large-scale spatial and temporal information, which is not very easy to analyze and explain by conventional statistical methods. Another significant contribution to precision agriculture is the employment of mathematical tools that avail monitoring and classification of plants and fruits by the severity of the diseases, based on advanced statistical methods (Pérez-Bueno *et al.,* 2016).

Plant pathogenesis is the backbone in leading to global economic losses. It causes to poor crops production thereby increasing economic instability (Madufor *et al.,* 2018). Pathogens play a vital role in crippling the economic growth worldwide either directly or indirectly (Khater *et al.,* 2017; Kiyami *et al.,* 2014). It was estimated that plant pathogens cause reductions of yield of about 20% worldwide in the principal of food and cash crops (Patel *et al.,* 2014). Poor productivity of plant due to exploitation of plant diseases causes a potential danger to food security. Therefore, food and nutritional security become a major area of global concern. With the increase of human population, there will also be an additional demand of food supply for about 70%-100% by 2050 (Madufor *et al.,* 2018; Prasad *et al.,* 2014; Balodi *et al.,* 2017). It has also reported that, there was about 30-40% post-harvest losses due to diseases and substandard quality of productivity (Balodi *et al.,* 2017; Fang and Ramasamy, 2014). In addition to direct loss of crops, fungal plant pathogens also produce toxins that cause great risks (Madufor *et al.*, 2018). Detection of pathogens and its analysis are critical in the field of agriculture, food safety, bio-security and so on (Srivasvaa, 2014). Air, water, dust, insects, birds and animals including human being can easily spread spore to larger area. For instance, fungal infections are difficult to cure as well as detect. This is because once season is favorable, spores germinate to cause infection. Therefore, detection and control of fungal pathogens is difficult (Ray *et al.,* 2017). The accurate and timely detection of fungal spores and vegetative structure, hyphae help in crop losses. Fungal toxins are major concern for food industry also as most of these are fatal to human health. An annual economic loss in United States due to fungal diseases both pre- and post-harvest is approximately 200 billion euros. In addition, US spent more than 600 million dollars on use of fungicides (Patel *et al*., 2014).

The diseases of bacteria, fungi and viruses may cause a global food security challenge. Among such incidences that are already recorded in history include potato late blight caused by Phytophthora infestans in the 1840s affected millions of peoples in Europe. Over more than million people died of starvation in Ireland and several, migrate to elsewhere. Two million people starved to death in 1943 due to destruction of rice by fungus Cochliobolus miyabeanus. Likewise, Cochliobolus heterostrophus infection caused corn leaf blight epidemic in USA.

Routine approaches of plant pathogen detection such as, Polymerase Chain Reaction (PCR), Loop-mediated isothermal amplification (LAMP), Fluorescence in-situ hybridization, Enzyme-Linked Immunosorbent Assay (ELISA), immunofluorescence, flow cytometry and machine-learning techniques has been reported and discussed in detail preiously (Jensen *et al.*, 2011; Fang and Ramasamy, 2015; Khater *et al.*, 2017). Therefore, in this chapter, we discuss nanotechnology methods as well as imaging and advance imaging sensing methods for phytopathogen detection.

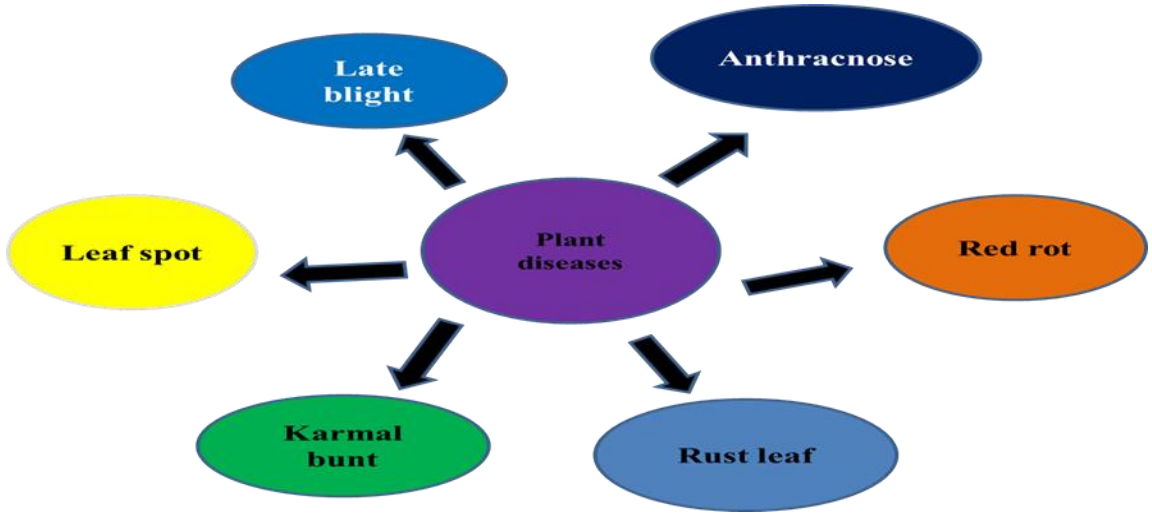

Figure 1: Showing some of the plant diseases

Detection using nano materials-based approaches

In a recent development, there is an increasing interest in the field of nanotechnology. A nanoparticle ranges 1-100 nanometers. The use of nanomaterials for the treatment of many diseases has been previously reported. This is because; nanoparticles contain some properties that make it useful for such applications. Among are the properties poses by nanoparticles include; small size, magnetism, conductivity, optical properties, chemical interactions, large surface area to volume ratio, permeability, and the likes. These features make it exceptional in their performances.

There has been a high demand for using carbon nanomaterials in agricultural revolution (Sharma *et al.*, 2016). There was a report previously that in agriculture, carbon-based nanomaterials take part in approximately 40% contribution of the completely engineered nanomaterials that can be used either as additives or as active components. This demonstrated the potentiality of carbon nanomaterials in antimicrobial activity. Example, encapsulated fungicides in multi walled carbon nanotubes reported to have very toxic to *Alternaria alternata* in comparison to the bulk pesticides that are no longer encapsulated (Zhang *et al.*, 2007). Nanoparticles from gold have been reported to use in biosensors for excellent marker production in numerous electrochemical and optical techniques for the identification of pathogens (Stern *et al*., 2007).

Assessment of plant pathogens using nanotechnology gains an important consideration (Gonza Lez-melandi *et al.,* 2007). To maintain effective control and other measures about diseases of plant, it's of great important for the identification of plant disease in agriculture sector. It was reported previously for the development of immunosensor for plant disease detection of Karmal bunt of wheat fungal pathogen cause by *Tilletia indica*. This approach harbors a mouse monoclonal antibody that was used for diagnosis against antigen for surface plasmon resonance sensor of self-assembly monolayer (Singh *et al.,* 2010). For the improvement of the signal produced, gold nanoparticles were used.

Nanoparticles of iron oxide are one of the most significant magnetic cores that can easily react due to super-para magnetism as well as single domain behaviors. Iron oxide nanoparticles synthesis for nano therapist is among the significant role it takes in biomedicine (Chaerle *et al.,* 2009). In recent development, more attention has been received in intensive research in nanoparticles synthesis with uniform particles size because of its main interest in the scientific field and technological importance as well. Materials of nanoparticles mostly produce an interesting electrical, optical, magnetic, and chemical properties as well that cannot be reached by bulky materials. Iron oxide and ferrite usually gives an interesting attention because of their importance for storing information, catalytic activity and the likes in the field of nanotechnology (Scholes and Rolfe, 2009). Iron oxide nanoparticles from magnetic core also poses important features such as biocompatibility, low toxicity, physicochemical stability, as such can be used for many applications like sensor and the rest.

A nanoparticle of silver has important role in plant management and protection because of its antimicrobial activity, and can be used for prevention of plant disease. This is because it has a high surface area and fraction surface atom when compared to bulk particles of silver; these make it to have antimicrobial effects (Wang *et al*., 2013). The synthesized nanoparticles from silver have been reported previously to be used as pesticides for safe and eco-friendly, and also useful for the management of bacteria, fungi as well as viruses (Cui *et al*., 2018). For the above-mentioned reasons, there is growing attention in silver nanoparticles for the protection of plant pathogens. Titanium takes part in carbohydrates production stimulation that enhance growth and photosynthesis rate in plants as well. Nanoparticles from titanium dioxide are among the most synthesized largely and commonly used globally (Xu *et al.,* 2016). Titanium dioxide (TiO_2) nanoparticles are among the nanoparticles that are widely used in cosmetics, sunscreen, and photo catalyst. It was reported that some studies have shown the toxic effects of titanium dioxide nanoparticles. Titanium dioxide can be used for the degredation of pesticides due its catalytic activity (Zhang *et al.,* 2017). The synthesized TiO_2 nanoparticles have shown improved antibacterial activity than the standard antibiotic disk, tetracycline thereby decreasing the possibilities for the spreads of antibiotics resistance of bacterial species.

Nanoparticles from zinc also take a significant part in diagnosis and detection of plant diseases, this simply because, there were several laboratories reports earlier that have demonstrated that majority of in-vitro assays have proven to inhibits bacteria and fungi as well, example *A. alternate* and *B. cinerea* (Estefania *et al.*, 2017). Despite many reports regarding antifungal activities of ZnO, but their findings on the nodes of action and mechanistic investigation that give attention on the underlying molecular processes leading the inhibition is yet to be known (Estefania *et al.*, 2017).

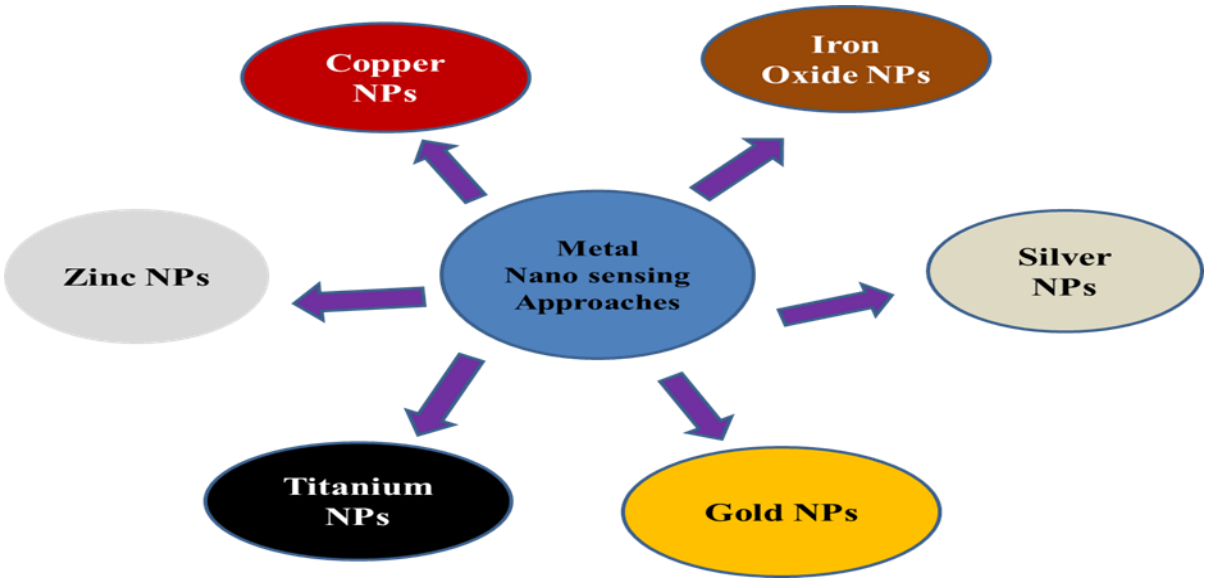

Figure 2: Showing some metal nanoparticles used for sensing approaches

Voltammetry approach is also most commonly used method in electrochemical analyses. In this method, current and potential are observed, measure and recorded as well. Here, position of the peak current in relation to the current density and its specific one is the corresponding species concentration. Among the big advantage of this method is low noise, hence give high sensitivity in the biosensor. Additionally, compounds can be detected in a multiplex manner (Kavousi *et al.*, 2019).

Detection using electronic based approach

This method can be largely used in many applications in various fields such as agriculture, environmental monitoring, for disease diagnosis, and food manufacturing industry as well (Cui *et al.*, 2018). In this technique, there is integration of numerous kinds of sensor arrays that convert electronic signal through the information in volatile organic compounds. This can be achieved by via spraying the gas samples over the sensor array hence, produce physicochemical changes in the sensing regions or materials as a result of molecules' odor that enable its possibility through a reversible these alterations lead to change in electrical behaviors of resistance and electrical potential as well, hence modulating the signal and pattern recognition which can be used for aroma classification by the circuits in the system. Later, pattern analysis of

the data that produce the basic information regarding the outcome of the diagnosis be generated, read, and finally recorded (Cui *et al.,* 2018). This type of gas sensor categorized into optical, conductivity, and gravimetric sensor regarding their mechanism of action.

In optical sensor, diagnosis and detection of plant pathogenic fungi is possible. Optical sensor mechanism of action relies on the electrical behaviors changes. Wavelength with light source, light detector, as well as sensing materials are usually used in optical sensor, this enables gas molecules interaction (Abd-eslalam, 2013). Calorimetric and flourometry are most widely used optical sensor in diagnosis Cui *et al.,* 2018). High powerful in gaseous detection that are hazardous in the environment, disposability, as well as quick response are among the importance for employing calorimetric despite these advantages shown by this sensor, however, there is big setback in which sensitivity can be produced unexpectedly as results of humidity, this simply because humidity may differ from inner and outer surroundings and from time to time, example day to night.

Quantum dots nanomaterials can also be largely used for diagnosis of disease because of its exceptional optical features that takes part in bio-analyses construction Safarpour *et al.,* 2012). In nanotechnological field development, the integration of quantum dots and super-para magnetic nanoparticles are used for fungal pathogen detection that is *Fusarium oxysporum*, which attack crops and also take role as human opportunistic pathogen that cause set back in economics growth. Based on the results reported, it demonstrated that nanoparticles can easily interact with fungal hyphae, as results, shows pathogenic fungi presence appearance. Due Internalization, some features variations are also appearing.

Imaging technique

Imaging can also be used for the detection of plant pathogenic fungi. This could be done via fluorescence imaging in which the pathogen can be analyzed by measuring the fluorescence chlorophyll on leaves via the incident of light as well as the change observed in fluorescence parameters. These methods produce sensitive detection but there some limitation in the application on site (Bürling *et al.,* 2011; Kuckenberg *et al.,* 2009; Chaerle *et al.,* 2009; Cséfalvay *et al.,* 2009; Scholes *et al.,* 2009; Ramasam, 2015). The use of imaging for plant disease diagnosis can be done via technologies by observing in and outside tissues of plant for the purpose of plant pathogens identification (Khiyami *et al.,* 2014). Imaging technologies in crease plant pathologists the possibilities of plant disease diagnosis. Through these technologies, plant pathologist will be able to make accurate and early plant diseases diagnosis (Rosen *et al.,* 2011)**.** Nanotechnology plays a significant role in sharp as well as in physical and chemical properties for regulation of materials' contrast for toxicity control, important imaging time, specific tissue as well as production of strong signal. Due to the possession of large surface area and functional group by nanoparticles, this behavior makes it possible for multiple identification tool (Nie,

2013)**,** a such, this development in nano-scale could be serve as contrast agent for improvement of imaging abilities in the next generation. The use of nano-imaging can be used to investigate how fungi can colonize and invade leaf (Mccandless, 2005). Through the lithography, nanofabrication pillered silicon surface upon wafers was used to study movement on the surface of fungi that mimics some of the behavior of the host plant. *Colletotrichum graminicola* images moving via the nanofabricated surfaces helps researchers to detect the fungus that requires to make a minimum contact of not less than 4.5 mm prior apprssoria development.

Imaging sensors and systems for plant disease detection

Digital Image Analysis has evolved over many years. It firstly began with the era of 2D image analysis came. Secondly, knowledge-based approaches using MRI and CT changed the developmental procedures. Lastly, analysis of fully 3D images was brought to the light. Digital model driven approaches were introduced in the beginning and then after 1999 till today advanced imaging and computing technologies are used for better and more realistic visualization as per requirements. Machine Learning methods have also evolved eventually.

For identification of different plant disease, sensors for imaging system are deployed to accumulate the data for study of leaves from different aspect. Various useful imaging techniques include thermal imaging, multispectral imaging, fluorescence imaging, hyper spectral imaging, visible imaging, MRT. Also, 3D imaging methods are also tested along various other methods. In next sections we present a state of survey on these techniques along with their applications in different ways (Singh *et al.*, 2020).

RGB- based imaging

Digital photographic images are of great significance tools in plant pathology for portraying health care system of plant. Digital cameras are simple to use as well as simple source of red, green, and blue (RGB) for digital images of diseased-plant detecting, identifying, as well as its quantification. The technical parameters here in these easy to use tools that include photo sensor light sensitivity, spatial resolution, as well as optical and digital focus have been found to be enhanced considerably in every year.

Digital photographic images are important tools in plant pathology for assessing plant health. Digital cameras are easy to handle and are a simple source of RGB (red, green, and blue) digital images for disease detection, identification, and quantification., handheld devices such as the light sensitivity of the photo sensor, spatial resolution, or optical and digital focus have improved significantly every year. Currently, nearly every individual, farmer as well as phytopathologist, make use of modern and sophisticated digital camera sensors together and mobile phone or tablet computer as well. They may also use video cameras or scanners as alternative as well.

Spectral based sensors

Mostly Hyperspectral technology could be regarded as a portion of spectroscopy for one reason or the other. Normally the ranges of Hyperspectral technology in sensing approach are found to be on VIS–NIR (400–1000 nm, and in some cases habors a short wave of infrared of (SWIR, 1000–2500 nm). This is considered as a big significance when considering aspect related to that. This sensor may contain spectral information starting from hundreds of smaller (narrow) bands of spectral. The said narrow wave bands contain powerful sensitivity to the changes of subtle plant causes by disease thereby making it capable to differentiate verities of types of disease, as such could conduct early asymptomatic detecting protocol. In a numerous non-invasing disease of plant monitoring approaches that include hyperspectral non-imaging as well as imaging methods, therefore the employment of hyperspectral RS demonstrates rapid and an excellent impact in the field of agricultural researches.

Apart from the most commonly usefulness regarding non-invasive RS approaches, the implementation of of hyperspectral imaging upon automated system as an objective technique reduces workload considerably. The classification of applications has been put in place form satellite images to molecular and or microscopic one. The development of hyperspectral technology demonstrated a robust applicability in this regard (Zhang *et al.*, 2020). Therefore, this approach is of great significance in phytopapathogens monitoring, diagnosis and or detection.

Hyperspectral sensing approach is among powerful resolution in optical methods that resembles a conventional RGB cameras containing spectral resolution increment. Furthermore, to RGB, HIS could access a shallow or narrow wave band in electromagnetic spectrum starting from 400nm to 700 nm visible (VIS) as well as shortwave infrared that ranges 1,000-2,500 nm. There is provision of high data complexity related to hyper spectral sensors, this covers spectral range up to 350-2,500 nm with below narrow spectral resolution. The categories of spectral sensor could be based on their spectral resolution, these are the number of and the width wavebands measured on their scale of spectral that include UV, VIS, NIR, SWIR as well as upon the imaging principle, these are sensing system of imaging and non-imaging (Thomas *et al.*, 2017, Mahlein *et al.*, 2018).

In non-imaging sensing system, there average spectral information upon certain limit area surrounding the viewing field. HIS approach produces spatial resolution related in relation to spectral information for the imaging object. There would be a hyperspectral data observation as a big matrix having a spatial x-and y-axes and the reflectance intensity per waveband within the third dimension.

Regarding numerous applications, HSI systems are preferred in comparison to non-imaging systems due to spatial dimension that produces extra information on gradient, or color as well as shape (Behmann *et al.*, 2015; Mahlein *et al.*, 2018). Multispectral sensors can be

compared to hyperspectral sensors, they however, produces less data complexity as well as information content. These types of sensors ordinarily measure the objects spectral information of in relatively different broad wave bands. Multispectral imaging cameras can produce data, for exanole, in the RGB and in an NIR band as well. These ype of sensors are lightweight and low cos when compare to some ohers; they therefore, they are usually useful for the applications in airborne on unmanned airborne vehicles (UAVs). In different to reflectance averages measurements by hyperspectral non-imaging sensing approach, the spatial resolution in HSI enables an exact allocation of a hyperspectral pixel (Mahlein *et al.,* 2012; Mahlein *et al.,* 2018). In a recent decade, reports on HSI have shown new developments in detectors, materials, and software, and also new application and research fields as well for HSI, e.g., in healhcare, agriculture, and food production as well (Cheng *et al.,* 2017; Mahlein, 2016; Mulla, 2013; Mahlein *et al.,* 2018). In agricultural precision and plant phenotyping as well, HSI could be useul for both screening abiotic and biotic stress and monitoring as well, that enhance sustainability in agriculture through site-specific and selective field management information (Mahlein *et al.,* 2018).

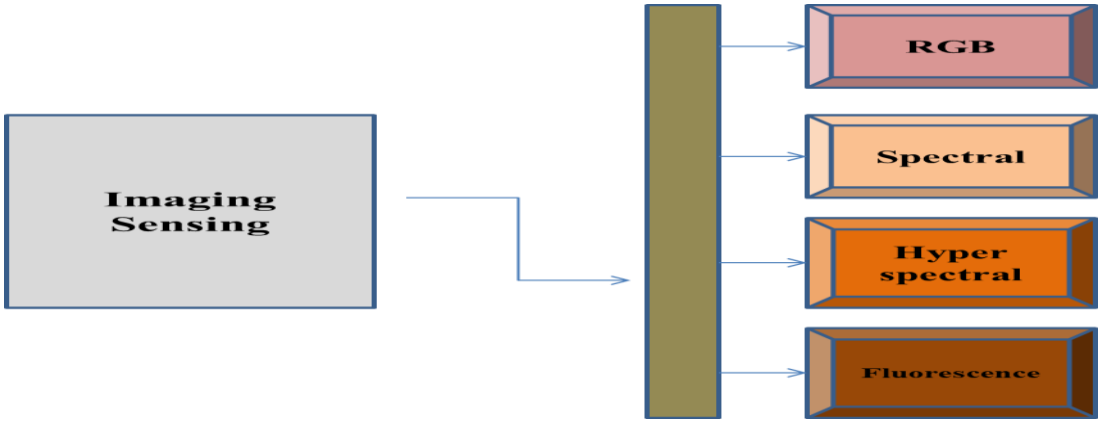

Figure 3: Showing Imaging sensing techniques

Fluorescence imaging

Fluorescence spectroscopy is among the electromagnetic spectroscopy that make analysis on fl uorescence from the desired sample. Here in, there is an excitation of sample through using a beam of light that give rise emission of light of a lower energy leading to emission spectrum that can be used for results interpretation. There are wo types of fluorescence, they are; blue-green fl uorescence (about 400–600 nm range) as well as chlorophyll fluorescence (about 650–800 nm range) that are produced by green leaves. Fluorescence spectroscopy found to be reliable diagnostic technique having powerful sensitivity and specificity rate, hence, makes it an ideal diagnostic tool. There numerous applications or functions of the fluorescence spectroscopy such as monitoring of nutrient deficiencies; environmental conditions based stress levels, and diseases in plants as well (Kumar *et al.,* 2016; Belasque *et al.,* 2008). It was reported that a there an investigated the potential of three optical devices (Leufen *et al.,* 2014) these are; fluorescence

lifetime, image-resolved multispectral fluorescence and selected indices of a portable multiparametric fl uorescence device for the proximal sensing of plant-pathogen interactions in four genotypes of spring barley in healthy leaves as well as leaves inoculated with powdery mildew (*Blumeria graminis*) or leaf rust (*Puccinia hordei*). They observed significant variations between healthy and diseased leaves (Kumar *et al.*, 2016).

Conclusion:

This chapter briefly discussed the plant pathogenic detection with emphasis on sensing approaches that includes nanomaterials, imaging, spectral, hyper spectral imaging techniques. The above-mentioned approach could be used for the detection of plant pathogens.

Acknowledgement:

The author thanks to all those contributed towards the existing of this chapter.

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CUPCAKES WITH A TWIST – BOTTLE GOURD DELIGHT

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Abstract:

This work explores the incorporation of bottle gourd (opo squash) into cupcake recipes, offering a healthy and flavourful alternative to traditional cupcakes. It highlights the advantages of using bottle gourd, emphasizing its low-calorie content, high moisture content for a naturally moist crumb, and potential for adding hidden vegetables to baked goods. The abstract discusses how bottle gourd's mild flavor seamlessly integrates into cupcake batter, allowing for creative flavor combinations. Options like using spices like cinnamon, nutmeg, or cardamom, or introducing citrus notes with lemon or orange zest, can be explored. The abstract briefly mentions the process of adapting a traditional cupcake recipe to incorporate grated bottle gourd. Key considerations like addressing excess moisture from the gourd and potential substitutions (like using buttermilk for added moisture) can be mentioned. The abstract can touch upon the target audience for these cupcakes. This could include health-conscious bakers, those seeking to sneak vegetables into their children's diet, or simply anyone interested in exploring unique and delicious cupcake flavours. The abstract conclude by emphasizing the overall appeal of bottle gourd cupcakes. It can highlight their moist texture, potential for hidden vegetable goodness, and ability to be customized with various flavourings, making them a delightful and innovative treat.

Keywords: Opo Squash, Cupcake, Low Calorie, Health Conscious, Children's Diet, Moist Texture.

Introduction:

Lagenaria siceraria (Mol.) Standl.(bottle gourd), of the family Cucurbitaceae, is a climbing perennial plant widely cultivated as a vegetable crop in tropical countries, such as India, Japan and Thailand. It cures pain, ulcers and fever and used for pectoral cough, asthma and other bronchial disorders-especially syrup prepared from the tender fruits. The fruit is reported to contain the triterepeniodecucurbitacins B, D, G, H and 22-deoxy cucurbitacin "the bitter principle of cucurbitaceae". Two sterols iefucosterol and campesterol, aerpenebyonolic acid (an allergic compound), flavone-C glycosides, a ribosome inactivating protein), Lagenin (antiproliferative, immunosuppressive, antifertility).

Cucurbitaceae family is a major source of medicinal agents' science ancient times. Various plants parts including fruits of this family have been established for their

pharmacological effect. *Lagenaria siceraria* (Molina) standley (LS) is an annual herbaceous climbing plants with a long history of traditional medicinal uses in many countries, especially in tropical and subtropical regions. Since ancient times the climber has been known for its curative properties, and has been utilized for treatment of various ailments, including jaundice, diabetes, ulcer, piles, colitis, insanity, hypertension, congestive cardiac failure (CCF), and skin diseases. Its fruit pulp is used both as an emetic and purgative, and for its cooling, diuretic, antibilious, and pectoral properties. Boiled in oil this pulp is used to treat rheumatism and insomnia. A wide range of chemical compounds including sterols, terpenoids, flavonoids, and saponins have been isolated from the species. Its extracts have been found to possess various pharmacological activities. Below, we give a comprehensive review of its ethnomedical uses, chemical constituents, and pharmacological profile as a medicinal plant. Particular attention is given to its analgesic, anti-inflammatory, antihyperlipidemic, diuretic, hepatoprotective, anthelmintic, and antibacterial effects so that its potential uses in pharmaceutics can be better evaluated. Extract of the *Lagenaria siceraria* seeds show antibiotic activity. It has the highest content of choline among all the vegetables known to man till date, which serves as the precursor of neurotransmitter acetylcholine, which in turn is crucial for retaining and enhancing memory.

Bottle gourd has widespread use as a vegetable in India. It is very valuable for vegetarians since it contains several important constituents which are required for good health and wellbeing. Recently in India, interest in bottle gourd has been growing amongst consumers because consumption of bottle gourd has been associated with a number of benefits and may be regarded as a natural guard against diseases. In Ayurveda, bottle gourd is advocated for treatment of diabetes mellitus, hypertension, flatulence, cooling properties, liver diseases, weight loss and other associated benefits. The nutritive value of bottle gourd makes it a popular diet ingredient in making sweet curries, soups, jams, juices, beverages, cakes, ice creams and tea for value-addition.

Bottle gourd (Lagenaria. siceraria), a vigorous annual climbing vine with large leaves belongs to Cucurbitaceous family and known as calabash, lauki, white flowered gourd, trumpet gourd, calebassier, courage bouteille, cojombro, guiro amargo, upo, talayag, gucuzzi, zucca melon and mokwa, olokwa. Bottle gourd fruits having the shape of a bottle are yellowish green with whiter pulp. Bottle gourd is one of the cheapest source of nutrients and potential source of natural antioxidants. The fruit is also a good source of vitamin B complex and choline along with fair amounts of vitamin C. Bottle gourd has long been an important component of indigenous herbal medicine, particularly in Asia. The fruits are traditionally used as a nutritive entity having cardio protective, cardio tonic, general tonic, diuretic, aphrodisiac, antidote to certain poisons, alternative purgative, and cooling effects. It is also considered to be beneficial in insanity,

epilepsy and other nervous diseases. Bottle gourd fruit has higher edible index and lower waste index proves its importance for processing.

Objectives:

The formulation of bottle gourd extract in cupcake was made in the objectives of

1. To Introduce a unique twist to traditional cupcake recipes.
2. To Incorporate a nutritious vegetable into a commonly indulgent traditional
3. To Utilize surplus bottle gourd in baking, minimizing food wastage.
4. To Provide consumers with a lower-calorie, nutrient-rich dessert alternative.
5. To Experiment with the subtle sweetness of bottle gourd in conjunction with various spices and ingredients.

Methodology

The methodologypertains to study the Cupcakes with a Twist: Bottle Gourd Delight are as follows

Selection of raw materials

Bottle gourds, also known as opo squash or calabash gourd, can be a great substitute for zucchini in cupcakes due to their mild flavor and moist texture. Here's how to select the perfect bottle gourd for your cupcakes:

- **Size and maturity:** Choose young, immature bottle gourds. These are smaller in size, typically around 6-8 inches long and 2-3 inches in diameter. They have a smooth, light green skin that yields slightly to pressure. Avoid large, mature gourds as they tend to have tougher skin, larger seeds, and a stronger flavor.
- **Colour:** Look for a bright green, uniform colour with no blemishes or yellowing. Yellowing can indicate age or improper storage.
- **Feel:** The gourd should feel firm but slightly soft when pressed gently. Avoid gourds that are too hard or mushy.
- **Stem:** The stem should be green and fresh, not brown or dried out. A dry stem indicates the gourd is past its prime.

Formulation of bottle gourd extract in cupcake

Step 1

Preheat and Prepare: Preheat oven to 350°F (175°C) and line a cupcake pan with paper liners.

Step 2

Dry Ingredients: In a medium bowl, whisk together flour, baking powder, baking soda, and salt. Set aside.

Step 3

Cream Butter & Sugar: In a large bowl, cream together softened butter and sugar until light and fluffy, using an electric mixer on medium speed. This should take about 3 minutes.

Step 4

Eggs & Vanilla: Beat in the eggs one at a time, then stir in the vanilla extract.

Step 5

Combine Wet & Dry: Alternately add the dry ingredients and milk to the wet ingredients, beginning and ending with the dry ingredients. Mix until just combined. As the formulation is taking place with the ratio add milk to the flour ¼ quantity

Step 5

Bottle Gourd extract: Gently add the bottle gourd extract, making sure it's evenly distributed.

Step 6

Fill & Bake: Fill the prepared cupcake liners about ⅔ full with batter. Bake for 18-20 minutes, or until a toothpick inserted into the centre comes out clean.

Step 7

Cool Completely: Let the cupcakes cool completely in the pan for a few minutes before transferring them to a wire rack to cool completely.

The formulation of bottle gourd extract into nutritious cupcake product has done in two ratios

Ingredients	Ratio 50 %	Ratio 75%
Flour	200 g	200 g
Sugar	150 g	150 g
Milk	100 ml	25 ml
Bottle gourd extract	100 ml	75 ml
Egg	1 no's	1 no's
Butter	2 tbsp	2tbsp

Sensory evaluation

Category	Variation 1	Variation 2
Colour	5	5
Appearance	5	5
Flavour	4	4
Texture	5	4
Consistency	5	4

(The sensory evaluation has been carried out of 5)

Sensory evaluation where done for the product made from both the ratios of ingredients. The chosen panels are tasted the Bottle gourd cupcake and approximately 30 responses were collected. From which the Bottle gourd cupcake made with ratio one has better Consistency and texture than the ratio two. Overall acceptance of the product is good among the panels.

Result and Discussion:

Bottle gourd cupcakes have a subtle, mildly sweet flavor with a hint of freshness from the vegetable. The grated bottle gourd adds moisture to the cupcakes, resulting in a soft and tender crumb. The cupcakes have specks of green from the bottle gourd, adding visual interest. Bottle gourd is low in calories and rich in vitamins and minerals, making these cupcakes a healthier option compared to traditional cupcakes. Bottle gourd cupcakes can be customized with various spices, nuts, or frosting to enhance flavor and texture. The Formulation of Bottle gourd cupcake made with ratio one of 50% has better Consistency and texture than the ratio two Of 75% . Overall acceptance of the product is good and acceptable

Conclusion:

Bottle gourd cupcakes offer a unique twist on traditional cupcakes, providing a subtly sweet flavor and a moist texture thanks to the addition of grated bottle gourd. They are versatile, allowing for customization with various spices, nuts, or frosting options. From a nutritional standpoint, bottle gourd adds vitamins and minerals while keeping the calorie count low. The cupcakes can be an appealing option for health-conscious consumers looking for a healthier treat. In conclusion, bottle gourd cupcakes present a promising fusion of flavour's and nutritional benefits. While they may not appeal to everyone's taste preferences, they offer a creative way to incorporate vegetables into dessert recipes. With careful marketing highlighting their unique flavor, health benefits, and versatility, bottle gourd cupcakes have the potential to carve out a niche in the dessert market and attract consumers seeking innovative and healthier indulgences.

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UTILISING FOXTAIL MILLET DEVELOP NOVEL MARSHMALLOW PRODUCT

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Introduction:

Finger millet (*Eleusine coracana*), one of the minor cereals, is known for several health benefits and some of the health benefits are attributed to its polyphenol and dietary fiber contents. It is an important staple food in India for people of low income groups. Nutritionally, its importance is well recognized because of its high content of calcium (0.38%), dietary fiber (18%) and phenolic compounds (0.3–3%). They are also recognized for their health beneficial effects, such as anti-diabetic, anti-tumerogenic, atherosclerogenic effects, antioxidant and antimicrobial properties. This review deals with the nature of polyphenols and dietary fiber of finger millet and their role with respect to the health benefits associated with millet.

Overall, Foxtail millet is a versatile and nutritious ingredient that can be used to develop a variety of novel marshmallow products. Foxtail millet marshmallows have the potential to be more nutritious, gluten-free, and sustainable than traditional marshmallows.

Objectives of the study:

1. To devlope foxtail millet infused marshmallow;
2. To analyze the functional properties of the developed product;
3. To assess the sensory attributes of the product;
4. To evaluate the acceptance of the developed product.

Methodology:

Selection of millet

Finger millet (*Eleusine coracana* L.) is important millet grown extensively in various regions of India and Africa, constitutes as a staple food for a large segment of the population in these countries. It ranks sixth in production after wheat, rice, maize, sorghum and bajra in India.). Finger millet products processed suitably to lower their GI in synergy with accompaniments rich in vegetables and pulses may help in prevention or control of chronic diseases in general and diabetes in particular. The published literature shows a wide

Formulating foxtail millet

- Select a variety of foxtail millet.
- Foxtail millet flour is recommended, as it will give the marshmallows a smoother texture.
- Roast and Grind the foxtail millet flour to a fine powder.

- This can be done using a food processor or blender.
- Combine the foxtail millet flour with the other ingredients in the marshmallow recipe.
- This may include sugar, corn syrup, water, gelatin, and flavoring.

Ingredients	**Ratio 35%**	**Ratio 50%**
Sugar	200g	200g
Water	6tbspn	6tbspn
Gelatin	13g	13g
Water	6tbspn	6tbspn
Lemon juice	10-12 drops	10-12 drops
Foxtail millet powder	35g	50g

- Whip the mixture until it is light and fluffy.This may take several minutes.
- Pour the marshmallow mixture into a prepared pan and let it cool and set.
- Once the marshmallows have set, cut them into desired shapes and sizes.

The formulation of foxtail millet powder into traditional marshmallow product has done in two ratios**.**

Sensory evaluation

Category	**Sample 1**	**Sample 2**	**Sample 3**	**Sample 4**	**Sample 5**
Color	4	4	4	5	5
Appearance	4	5	5	4	5
Taste	5	5	4	5	4
Flavor	5	5	5	4	4
Consistency	4	5	4	4	5

(The sensory evaluation has been carried out of 5)

Sensory evaluation where done for the product made from both the ratios of ingredients. The chosen panels are tasted the foxtail millet marshmallow and approximately 40 responses were collected. From which the foxtail millet marshmallow made with ratio one has better taste and texture than the ratio two. Overall acceptance of the product is good among the panels.

Result and Discussion:

The developed novel marshmallow product using foxtail millet has the overall acceptance the approached samples. The nutritive values of the product are considerable. Formulating foxtail millet in the novel marshmallow product has many potential benefits. Among the two ratios used in the preparation of foxtail millet marshmallow, the ratio 2 with 35% of formulation of foxtail

millet has good taste, flavor, texture, consistency & color. Overall, there is a strong potential for developing a novel marshmallow product utilizing foxtail millet. Such a product would be healthier, more nutritious, and more flavorful than traditional marshmallows. It would also be a sustainable product that could be grown in a variety of climates

Summary and conclusion:

Foxtail millet marshmallows have the potential to be a popular new food product. They are nutritious, sustainable, and have a unique flavor and texture. Food manufacturers who are interested in developing a novel foxtail millet marshmallow product should experiment with different recipes and conduct sensory evaluation tests to ensure that the product is appealing to consumers. Foxtail millet is a highly nutritious and sustainable grain that has the potential to be used in a variety of food products. One way to utilize foxtail millet is to develop a novel marshmallow product. Foxtail millet marshmallows have a number of potential advantages over traditional marshmallows. First, they are more nutritious. Foxtail millet is a good source of protein, fiber, and essential minerals. Second, they are more sustainable. Foxtail millet is a drought-tolerant crop that can be grown in marginal lands. Third, they have a unique flavor and texture. Foxtail millet marshmallows are slightly denser and chewier than traditional marshmallows. To conclude foxtail millet marshmallow product is developed to make a empty calorie food product into nutritious one.

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INNOVATIONS IN BOTTLE GOURD ICE CREAM: FROM CONCEPT TO CONSUMER-READY DELIGHT

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Abstract:

Bottle gourd, *Lagenaria siceraria* (Molina) Standley, has large vines bearing large (~10 cm wide), white flowers that open at night. *Lagenaria siceraria*, known as bottle gourd in English and Lauki in Hindi, is a common vegetable in India. Bottle gourd has been used traditionally to help with many health conditions like fever, cough, pain, and asthma. It has been used since ancient times for its benefits. It is also considered a good source of vitamin B, C, and other nutrients. It is known for its shape, a bottle, dumbbell, or oval shape. Their leaves are softly hairy, and large and rounded both the immature and mature fruits are used for culinary purposes. The mature bottle gourds have a variety of other uses, too, first and foremost as containers. The young fruits are used for culinary purposes, much like summer squash, in Italy (where they are known as cocuzzi), China, and India. They are also known as calabash gourd. Iced desserts were introduced into Europe from the East.Ice cream's origins are known to reach back as far as the second century B.C. Although no specific date of origin nor inventor has been undisputably credited with its discovery. The ice cream is usually allowed to harden further in a freezer. Bottle gourd ice cream is a unique and healthy dessert option that incorporates bottle gourd (also known as lauki or calabash) into the ice cream base. It's often prepared by blending cooked and pureed bottle gourd with milk, cream, sugar, and your choice of flavorings, such as vanilla or cardamom. The mixture is then churned in an ice cream maker to create a creamy and refreshing dessert.

Keywords: *Lagenaria siceraria*, Lauki, Asthma, Dumbbell, Culinary Purpose, Pureed, Churning, Desert.

Introduction:

Cucurbitaceae family is commonly known as the gourd, melon or pumpkin family. The bottle gourd belongs to the genus Lagenaria that is derived from the word lagena, meaning the bottle. The bottle gourd can be found in the forests of India, Moluccas and Ethiopia.The humid forests of Dehradun (North India) and the coastal regions of Malabar (North Kerala) have been identified as the centre of origin. *Lagenaria siceraria* (Molina) standley is also referred to as

bottle gourd in English and lauki n Hindi.It is an extremely advantageous resource because it comprises lots of nutritional properties required for nourishment and necessary for health. Approximately, it contains: (moisture, fat, carbohydrate, fibre, ash, and energy of 94.5±0.06; 1.2±0.06; 0.2±0.02; 3.75±0.03; 0.7±0.01; 0.5±0.01; 15±0.12%), respectively. In addition, bottle gourd is rich in minerals like calcium, phosphorous and also have a good source of dietary fibres (EI-Chaghaby and Rashad, 2022).it also maintains the body cool andrevitalised and avoids weariness. In addition to having a high iron content, it has high levels of vitamins B and C and supports antioxidant activity. People with digestion issues, diabetics, light-weight, low- calorie diets, and those recuperating from illness or injury can all benefit from eating this vegetable.

Ice cream is a sweetened frozen dairy product preferred as snacks or dessert made of milk and milk products that is often added with fruits along with other essential ingredients like flavours& colours. Ice cream is classified based on their ingredients and flavor used. Ice composes high sugars (20.7 mg/100g) and fat (16mg/100gm) and other compositions like minerals, vitamins.The increased interest in foods which improve human health and nutrition has led to the need for development of innovative and functional ice cream. Since ice cream is the most popular frozen dairy product, lauki ice cream shows good potential to help people improve their diets by reducing the intake of certain nutrients associated with the increased risk of obesity and other related diseases. Lauki ice cream were prepared with the supplementation of different levels of bottle gourd. The developed products were evaluated by a untrained panel of 10 membersand 2 semi trained panels using a 9 hedonic rating scale; samples were tested on their colour, appearance, flavour, texture, feel, taste and overall acceptability, compared to the control recipe. Two samples of lauki ice cream were prepared using bottle gourd with bottle gourd at 50%, 75% and levels (V1, V2, respectively).

Objectives:

1. To develop bottle gourd infused with ice cream.
2. To assess the functional properties of thelauki ice cream
3. To evaluate the sensory attributes of the lauki ice cream
4. To analyse nutritional composition and phytochemical analysis of the lauki ice cream.

Methodology:

Methodology pertaining to the present study is as follows

Selection of raw materials:

The raw materials bottle gourd, milk, milk powder, sugar and nuts are purchased from the local market of Tiruchengode, Namakkal District, Tamil Nadu,

Step 1:

Buy from a reputable vendor. These will help to ensure that are getting high – quality bottle gourd. Store the bottle gourd in cool and dry place. That will help to keep it fresh and prevent spoilage. Ask the vendor about the variety and origin of the bottle gourd. This information can helps to determine if the bottle gourd is well-suited to the needs.

Step 2:

For the present study, the selection of good quality bottle gourd is selected and it should be visually checked to be free from insects &infestation. To ensure the size, colour, appearance, indicators of quality and purity.

Step 3:

Choose fresh samples and check manufacturing / packaging date. Ensure no evidence of moisture, molds, or any dirt& buy organic vegetable when it is possible. Inspect vegetable odour, which should smell fresh, avoid musty odour. Start with high quality vegetables, store correctly after purchase and thoroughly clean/process the vegetables to get a good representative's sample for research and product development purposes.

Formulations of lauki ice cream:

Substituting bottle gourd for the excess milk solids in the ice cream mixture

Ingredients:

Ingredients	Quantity of variation 1	Quantity of variation 2
Bottle gourd	50 g	75 g
Milk powder	20 g	10 g
Milk	10 ml	5 g
Sugar	10 g	15 g

Procedure:

Boiling: Heat milk over medium heat until it simmers. Fresh milk must be boiled in order to destroy any harmful microorganisms that may be present. While processed milk has been pasteurized, making it safe to consume straight

Mixing: While milk is heating, whisk together the grated bottle gourd and sugar in a separate bowl. Then added the bottle gourd mixture into the hot milk, cook it for 10 mins in low heat.

Churning: Food blending is the process of combining or blending various ingredients to produce an enhanced product either for further processing in the food industry or for use by the consumer. This method is common in the manufacture of a wide range of food products. The blending process may require mixing solid or liquid materials, or a combination of both. Blending the bottle gourd mixture, until the foamy cream was occurred.

Freezing: The process involves freezing the mix and incorporating air after blending freezing the mixture for 3 hours. Repeating the blending and freezing process for 3 times.

Flavourings: Nuts are added at this point. These ingredients cannot be added before freezing or they would interfere with the smooth flow of the mix through the freezer.

Results and Discussion:

Nutritive value analysis for lauki icecream:

Nutritive analysis of variation – I

Ingredient	Quantity	Energy	Cho	Fat	Fibre	Calcium
Bottle gourd	50	6	1.25	0.05	0.3	10
Milk powder	20	99.2	7.6	5.34	-	190
Milk	10	6.7	0.88	0.82	-	24
Sugar	10	39.7	9.94	-	-	1.2

In variation I ,50 g of lauki ice cream provides 151.6kcal,19.67g of carbohydrate,6.21g of fat,0.3 g of fibre,225.2 mg of calcium respectively.

Nutritive analysis of variation II

Ingredient	Quantity	Energy	Cho	Fat	Fibre	Calcium
Bottle gourd	75	9	1.875	0.075	0.45	15
Milk powder	10	49.6	3.8	2.67	-	95
Milk	5	3.35	0.44	0.41	-	12
Sugar	10	39.7	9.94	-	-	1.2

In variation II, 50 g of lauki ice-cream provides 101.65kcal,16.055 of carbohydrate,3.155 of fat,0.45 g of fibre,123.2 mg of calcium respectively.

Sensory evaluation of lauki ice cream:

Highest mark: 5

	Variation 1							Variation 2						
	No of panels							No of panels						
CRITERIA	**1**	2	3	4	5	6	Overall acceptability	1	2	3	4	5	6	Overall acceptability
appearance	5	5	5	5	5	5	**5**	5	4	4	4	4	5	**4**
Colour	4	3	4	4	5	5	**4**	5	5	5	5	5	5	**5**
Taste	5	5	5	5	5	5	**5**	4	5	5	5	5	4	**5**
Texture	5	4	4	4	5	4	**4**	5	5	5	5	4	5	**5**
Flavour	5	4	4	4	4	4	**4**	5	5	4	4	5	5	**5**

Variation I- (50(bottle gourd): 30(milk)

Variation I I-(75(bottle gourd): 20(milk)

The results of sensory evaluation can be used to make a informed decision about the food product development, quality control, and marketing. For example if a manufacture finds that consumers prefer a new product with a sweeter taste, they can adjust the formulations accordingly. Sensory evaluation notes the human attires like taste, texture, flavour, appearance of the humans. Formulations of bottle gourd and low quantity of dairy products provides nutritious value of the product. The overall acceptability of lauki ice cream (variation-2) were accepted by all age groups.

Conclusion:

Lauki ice cream made from bottle gourd and milk are a nutritious and sustainable alternative to common ice creams. They are also good sources of fibre, vitamins and minerals, especially calcium, magnesium, zinc, iron. That are also low in calories and fat. So this lauki ice cream is preferred for diabetic patients and BP patients. These lauki ice cream to make this as the healthier one.

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LACTOSE - FRIENDLY FROZEN DELIGHTS: SOY - LICIOUS ICE CREAM

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Abstract:

Soybean (*Glycine max*) is a species of legume originated from East Asia (China, Korea, Japan and Taiwan). Soybean belongs to *Leguminosae* family. Soymilks made from soybean have become gorgeous and attractive source as a potential alternative of cow's milk. Soymilks are an excellent source of high-quality proteins and carbohydrates but are devoid of lactose and cholesterol. Ice cream is a sweetened frozen dairy product preferred as snacks or dessert made of milk and milk products, along with other essential ingredients. In the last decade, the perceptions of consumers have changed from ice cream as a mere enjoyment snacks/dessert to functional food with health benefits. Soy milk ice cream offers numerous benefits, making it a popular choice for various dietary preferences. It's dairy-free and vegan-friendly, making it suitable for those with lactose intolerance, dairy allergies. Compared to traditional ice cream, it tends to be lower in saturated fat, cholesterol-free and promoting heart health. Soymilk ice cream also provides plant-based protein, vitamins, and minerals, all while being allergen-friendly and available in a wide range of delicious flavors. It's a tasty and nutritious option for those looking to enjoy a frozen treat without compromising on dietary needs or taste. Soymilk ice cream manufactured with locally prepared soymilk and revealed comparable quality with lower cost.

Keywords: Soybean, Ice-Cream, Lactose Intolerance, Dairy Allergies, Leguminosae, Gorgeous, Inexpensive, Functional Food.

Introduction:

Soymilk icecream

Soybean (*Glycine max*) is a species of legume originated from East Asia (China, Korea, Japan and Taiwan). Soybean belongs to *Leguminosae family*. Soy-based products have become gorgeous and attractive source as a potential alternative of cow's milk. Soybeans are an excellent source of high-quality proteins and carbohydrates but are devoid of lactose and cholesterol. On the basis of composition soybean has 40% protein, 20% oil contents, and 15% saccharides, 15% dietary fiber and 10% others. Soy based products are of worth importance because they reduce menopausal symptoms, as well as

having potential role in the prevention, reduction and treatment of diseases such as osteoporosis, cancer, kidney disease and atherosclerosis. Ice cream is a sweetened frozen dairy product preferred as snacks or dessert made of milk and milk products, along with other essential ingredients. In the last decade, the perceptions of consumers have changed from ice cream as a mere enjoyment snacks/dessert to functional food with health benefits. Soy milk ice cream offers numerous benefits, making it a popular choice for various dietary preferences. It's dairy-free and vegan-friendly, making it suitable for those with lactose intolerance, dairy allergies. Compared to traditional ice cream, it tends to be lower in saturated fat, cholesterol-free and promoting heart health. Soymilk ice cream also provides plant-based protein, essential vitamins, and minerals, all while being allergen-friendly and available in a wide range of delicious flavors. It's a tasty and nutritious option for those looking to enjoy a frozen treat without compromising on dietary needs or taste. Soymilk ice cream manufactured with locally prepared soymilk and revealed comparable quality with lower cost.

Objectives

- To provide a dairy-free alternative for lactose-intolerant individuals.
- To offer a lower-fat and lower-cholesterol option compared to traditional dairy ice cream.
- To boost the nutritional value of ice cream by incorporating protein, fiber, vitamins, and minerals from soy milk.
- To maintain a creamy and delicious texture comparable to dairy ice cream for customer satisfaction.

Methodology

The methodology pertaining to the present study was as follows:

Selection of raw materials:

Step 1:

Buy from a reputable vendor. This will help you to ensure that you are getting high-quality soybean. Store the soybean in a cool, dry place. This will help to keep it fresh and prevent spoilage. Ask the vendor about the variety and origin of the soybean. This information can help to determine if the soybean is well-suited to the needs.

Step 2:

For the present study, the selection of good quality soybean is selected and it should be visually checked to be free from insects & infestation**.** To ensure the size, colour, appearance, indicators of quality and purity.

Step 3:

- Choose fresh samples and check manufacturing/packaging date.
- Ensure no evidence of moisture, molds, or high numbers of broken grains.
- Buy certified pulses when possible.

- Sample should have uniform visual characteristics.
- Inspect grain odor which should smell fresh, avoid musty odors.

Start with high quality grains, store correctly after purchase, and thoroughly clean/process the grains to get a good representative sample for research and product development purposes.

Formulation of soy milk icecream:

Substituting soymilk for the excess milk solids in the ice cream mixture.

Ingredients:

Ingredients	Quantity
Soymilk	100g
Cashew nuts	3 no's
Cardamom	2 no's
Milk	100 g
Sugar	50 g
Butter	2tbsp
Vanilla essence	2 tbsp
Corn flour	2 tbsp

Procedure:

Mix the ingredients:

- In a mixing bowl, combine the unsweetened soy milk, sugar, vanilla extract, and a pinch of salt.
- Use a whisk or spoon to stir the mixture until the sugar is completely dissolved and everything is well combined.

Add fresh cream (optional):

- To add fresh cream and mix it.

Chill the mixture:

- Cover the bowl with plastic wrap or a lid.
- Place the mixture in the refrigerator to chill for at least 1-2 hours, or until it's thoroughly cold. This step helps improve the texture of the ice cream.

Prepare for churning:

- Once the mixture is chilled, remove it from the refrigerator.
- If have an ice cream maker, pour the chilled mixture into the machine and churn according to the manufacturer's instructions. This usually takes about 20-30 minutes until the ice cream reaches a soft-serve consistency.

Alternative churning method (Without ice cream maker):

- If don't have an ice cream maker, can pour the chilled mixture into a shallow freezer-safe container.
- Place the container in the freezer. Every 30 minutes, take it out and vigorously stir the mixture with a fork or whisk to break up ice crystals. Repeat this process 3-4 times until the ice cream is thick and creamy.

Final freezing:

- Once the ice cream has reached your desired consistency (thick and creamy), transfer it into a freezer-safe container with a lid.
- Smooth the top with a spatula to create an even surface.
- Cover the container tightly and place it in the freezer to harden for at least 4 hours or overnight.

Serve:

- When ready to serve, remove the soy milk ice cream from the freezer and let it sit at room temperature for a few minutes to soften slightly.
- Scoop into bowls or cones, and enjoy your homemade soy milk ice cream!

Results and Discussion:

The results of sensory evaluations can be used to make informed decisions about food product development, quality control, and marketing. For example, if a manufacturer finds that consumers prefer a new product with a sweeter taste, they can adjust the formulation accordingly. Sensory evaluation notes the human attires like taste, texture, flavour, appearance of the humans.

The formulation of Soymilk and in exchange of sugar and can improve the taste. Thus, the product can improve the formulation of various types of milk in frozen dessert**.**

Nutritive content of soymilk icecream variation 1:

Ingredients	**Quantity**	**Energy (kcal)**	**Protein (g)**	**Fat (g)**	**Fibre (g)**	**Vitamin A (mg)**
Soymilk	50 g	216	21.6	9.75	1.85	213
Cashewnuts	15 g	189.4	3.18	7.035	0.195	9
Cardamom	2 g	4.58	0.204	0.044	0.402	0
Milk	50 ml	33.5	1.6	2.05	-	26.5
Sugar	30 g	119.4	0.03	0	-	-
Butter	5 g	36.45	-	4.05	-	48
Total		**599.33 kcal**	**26.614 g**	**22.9 g**	**2.447 g**	**296.5 mg**

The analysis for soymilk ice cream is Energy - **599.33 kcal**, Protein - **26.614 g**, Fat - **22.9 g**, Fibre - **2.447 g,** Vitamin A - **296.5 mg** respectively.

Variation 2:

Ingredients	**Quantity**	**Energy (kcal)**	**Protein (g)**	**fat (g)**	**Fibre (g)**	**Vitamin A (mg)**
Soymilk	75 g	324	32.4	14.6	2.77	319.5
Cashewnuts	20 g	119.2	4.24	9.38	0.26	12
Cardamom	5 g	11.45	0.51	0.11	1.0	0
Milk	25 ml	16.75	0.8	1.02	-	13.25
Sugar	40 g	159.2	0.04	0	-	-
Butter	3 g	21.87	-	2.43	-	28.10
Total		**652.47 kcal**	**37.99 g**	**27.5 g**	**4.04 g**	**373.55 mg**

The analysis for soymilk ice cream is Energy - **652.47 kcal**, Protein - **37.99 g**, Fat - **27.5 g,** Fibre - **4.04 g**, Vitamin A - **373.55 mg** respectively.

Sensory evaluation of soymilk icecream

Criteria	**Variation 1**							**Variation 2**						
	No of Panels							**No of Panels**						
	1	**2**	**3**	**4**	**5**	**6**	**Overall acceptability**	**1**	**2**	**3**	**4**	**5**	**6**	**Overall acceptability**
Appearance	5	5	5	5	5	5	5	5	5	5	5	5	5	5
Colour	5	4	5	4	5	5	5	5	5	5	5	5	5	5
Taste	5	4	5	4	5	4	4	5	5	5	5	5	5	5
Texture	5	4	4	5	5	4	4	5	5	5	5	5	5	5
Flavour	5	5	5	4	5	5	5	5	5	5	5	5	5	5

Variation 1 (25 (soymilk): **25** (fresh cream)**)**

Variation 2 (75 (soymilk):**25** (fresh cream)**)**

Conclusion:

Soymilk ice cream made from soymilk and fresh creams are a nutritious and sustainable alternative to traditional ice cream. Soybean is a type of legumes that are a good source of protein, vitamins - B12, D and calcium. They are also low in calories and fat. Fresh cream are a good source of vitamins and minerals including calcium, phosphorous and vitamin - A, E, K. So this soymilk ice cream helps to lactose intolerance patients. It is recommended for cardiovascular patients. These soymilk ice cream to make the as a healthier one.

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FORMULATION OF VALUE-ADDED MILLET PANCAKE

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Abstract:

Millet pancakes are a type of pancake made from millet flour, gluten-free flour made from grinding millet grains. Millet is a small, round grain that is a good source of fiber, protein, and essential nutrients. There are many different types of millet, each with its own unique flavor and nutritional profile. Kodo millet, proso millet, foxtail millet, black rice millet, and little millet are all popular types of millet that can be used to make pancakes. Millet pancakes can be made in a variety of ways, and can be enjoyed for breakfast, lunch, or dinner. They can be served plain, or with toppings such as fruits, vegetables, nuts, or seeds. Millet pancakes are a healthy and delicious alternative to traditional wheat pancakes**.** Kodo Millet is cereal crop grown primarily in India. It has high fiber and protein content. Kodo millet is drought tolerant and can be grown in marginal soils. Some health benefits include helping regulate blood sugar levels. Little Millet is ananother cereal crop cultivated in India and some African countries. It is small-grained but nutrient-dense, containing high amounts of fiber, iron, and calcium. Little millet has a low glycemic index which helps slow absorptionof sugars. It has a nutty flavor and is high in protein, fiber, and micronutrients like magnesium. Proso millet is hardy and can tolerate droughts and high temps. Main cultivation areas include Asia, Europe and North America. It is high in protein, fiber, and antioxidants compared to other popular cereals. Pearl millet can aid digestion and have anti-inflammatory effects. It is a means of determining whether product differences are perceived, the basis for the differences, and whether one product is liked more than another**.**

Keywords: Millet, Pancakes, Gluten-Free, Fibre, Protein, Nutrients, Kodo Millet, Black Rice, Proso Millet, Pearl Millet, Europe, Micronutrients, Glycemic Index, Cultivation.

Introduction:

Pancake:

A pancake is a flat cake, often thin and round, prepared from a starch-based batter that may contain eggs, milk and butter and cooked on a hot surface such as a griddle or frying pan, often frying with oil or butter.

Millet:

Millets are one of the oldest foods known to humans and possibly the first cereal grain to be used for domestic purposes. Millets have been main staples of the people of semi-arid tropics

of Asia and Africa for centuries where other crops do not grow well. Since ancient times, millet has been widely consumed in Asia and India as well. Value added products from millet have the potential to add value to business and has a large potential for growth as consumers believe that millets and millet based foods contribute directly to their health.

Pearl millet:

Pearl millet as an underutilized source of nutrition: A review on its nutritional composition, value addition and industrial applications pearl millet (*Pennisetumglaucum* (L.) R.Br.) is a sustainable and underutilized cereal crop as it is rich in nutrition. Studies have shown that pearl millet is an excellent source of micronutrients like iron and zinc.

Black millet rice:

Rice is a major cereal crop that is the main staple food for more than half the world's population. This cereal has a wide genetic diversity, with thousands of varieties grown worldwide. All these varieties are part of the grasses family known as Gramineae or Poaceae. There are two commonly known species: Oryzasativa L. And Oryzaglaberrima Steud. The Oryzasativa species originated in Asia and was exported to other countries.

Proso millet:

The origin of proso millet is thought to be in China. There, proso millet was considered to be the most important grain until the introduction of barley and wheat. Since the Middle Ages, proso millet has spread throughout Central and Western Europe. There are isolated efforts to renew cultivation of this grain in Germany

Kodo millet:

Kodo millet *(Paspalum scrobiculatum*), Millets are Small annual grains of cereals seedKodo millet is rich in vitamins, minerals, and Phytochemicals containing sulfur, so it is Called "nutria-cereals". It is also rich in Essential amino acids, like lysine, threonine, Valine, sulphur containing amino acids.

Little millet:

Little millet (*Panicum sumatrense*) is a small, rounded grain that is cultivated as a cereal crop in parts of Asia and Africa. Some key facts about little millet. It is one of the smallest millets and the smallest of all cereal grains, with grain sizes ranging from 1-2 mm in diameter. This gives it the common name "little" millet. Recently there has been growing interest in little millet due to its health benefits along with great adaptation to marginal environments. Hence research efforts to improve production are ongoing.

Palm sugar:

Palm sap sugar is a sweetener which is made from the sap or nectar collected from different varieties/species of palm trees. It has huge scope as an alternative sweetener in Indian market. It is a natural alternative to unhealthy cane sugar and is more beneficial for farmers as

well. Palm sugars are generally used as sweeteners for a very long time. Due to its natural origin, little processing, and healthiness, it is currently gaining favour on a global scale. It has lower glycemic index as compared to cane sugar.

Methodology:

Selection of millet:

Step 1

Buy from a reputable vendor. This will help you to ensure that you are getting high-quality millets. Store the millets in a cool, dry place. This will help to keep it fresh and prevent spoilage. Ask the vendor about the variety and origin of the millets. This information can help to determine if the millets is well-suited to the needs.

Step 2

For the present study, the selection of good quality millets is selected and it should be visually checked to be free from insects & infestation. To ensure the size, colour, apperance, indicators of quality and purity.

Step 3

- Choose fresh samples and check manufacturing/packaging date
- Ensure no evidence of moisture, molds, or high numbers of broken grains
- Buy certified seeds when possible
- Sample should have uniform visual characteristics
- Inspect grain odor which should smell fresh, avoid musty odors

Start with high quality grains, store correctly after purchase, and thoroughly clean/process the grains to get a good representative sample for research and product development purposes.

Formulation of millet pancake:

Substituting all purpose flour for pancake with Millet flour pancake at different proportions.

Ingredients:

Ingredients	**Quantity**
Pearl millet flour	50g
Proso millet flour	50g
Kodo millet flour	50g
Little millet flour	50g
Black rice flour	50g
Palm sugar	100g
Baking soda	½pinch
Salt	½pinch

Procedure:

- In a large bowl, whisk together the millet flour, baking powder, salt. In a separate small bowl, beat the egg. Add the milk and mix together.
- Pour the wet ingredients into the dry ingredients and stir just until combined (do not overmix). The batter should be thick but pourable
- Heat a large skillet or griddle over medium heat. Grease lightly with oil or butter
- Pour about ¼ cup batter per pancake onto the preheated skillet. Cook for 2-3 minutes until bubbles begin to form on the surface
- Flip and cook the other side for another 1-2 minutes until golden brown. Serve pancakes warm with your favorite toppings**.**

Nutrient content of millet

Ingredients	**Energy**	**Protein**	**Carb**	**Fat**	**Fibre**	**Calcium**	**Vitamin B1**
Kodo millet	164 kcal	4.15g	33.3g	0.7g	4.5g	13.5mg	0.33mg
Pearl millet	173 kcal	5.25g	32.1g	1.80g	5g	9.5mg	0.15mg
Proso millet	179 kcal	6.25g	32.8g	1.5g	7g	8mg	0.28mg
Little millet	172 kcal	4.7g	32.8g	0.5g	6.7g	17mg	0.15mg
Black rice	165 kcal	3.5g	36g	0.5g	2g	10mg	0.05mg
Palm sugar	297 kcal	1g	75g	0g	0g	15mg	0.01 mg
Total	1150 kcal	24.85g	242g	4.5g	25.3g	73mg	0.97mg

Sensory evaluation for standard pancake:

Variation 1 (All purpose flour pancake)

Panels Name	**Appearance**	**Texture**	**Taste**	**Flavour**	**Overall Acceptability**
Trained Panels					
N. Indra	5	5	4	4	5
S. Logeshwari	5	4	5	4	5
S. Swathy	5	4	4	5	5
Semi Trained Panels					
K. R Anitha	5	4	5	4	5
N. Dhanalakshmi	4	4	5	5	4
N. M. Jeeva	5	4	5	4	4

Sensory evaluation for millet pancake

Variation 2 (Multi Millet pancake**)**

Panels Name	**Appearance**	**Texture**	**Taste**	**Flavour**	**Overall Acceptability**
Trained Panels					
N. Indra	5	5	4	4	5
S. Logeshwari	5	5	5	4	5
S. Swathy	5	4	4	5	5
Semi Trained Panels					
K. R Anitha	5	4	5	5	5
N. Dhanalakshmi	4	4	5	5	4
N. M. Jeeva	5	5	5	4	5

Result and Discussion:

The results of sensory evaluations can be used to make informed decisions about food product development, quality control, and marketing. For example, if a manufacturer finds that consumers prefer a new product with a sweeter taste, they can adjust the formulation accordingly. Sensory evaluation notes the human attires like taste, texture, flavour, appearance of the humans. The formulation of Millet flour and exchange of palm sugar can improve the taste and nutritious value of the product. Thus the product can improve the formulation of various types of millets in snack**.**

Conclusion:

In conclusion millet pancakes are a delicious and nutritious snack and mealthat can be enjoyed by people of all ages. They are good source of fiber, calcium, protein, andlow in glycemic index and it's very beneficial for type 2 diabetes patients. They are also easy to make and can be customised to our liking. Thus we can experiment with different types of millet and other ingredients to create the perfect meal.

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LAPORTEA INTERRUPTA: AN HERBAL REMEDIES

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Introduction:

Plants are one of the two main living classes and play a significant role in controlling the biosphere's functioning. Without plants, life on Earth could not continue. Since plants have been a part of human life for millions of years, they are typically the common man's major source of medicine. In the traditional Asian medical system, more than 2000 different plant species are known to have therapeutic significance [Agnese AM. *et al.* (2001)]. Every nation's traditional medical system makes use of plants and plant-derived medicines to treat ailments. Basic human needs like food, clothing, shelter, and medicine are provided by plants [Fernando WGD. (2012)]. Nowadays, about 25% of all medications are made from plants, and the majority of other medications are synthetic substitutes made using model compounds that have been isolated from plant species that are now included in pharmacopeias [Prajapati *et al.* (2003), Kala *et al.* (2006)]. People's overall health continues to be greatly impacted by the usage of natural substances produced from plants as alternative forms of medication worldwide. The presence of diverse chemical compounds with varying compositions is responsible for the therapeutic capabilities of medicinal plants [Karthikeyan *et al.* (2009)]. Angiosperms make up around 13% of the 50,000 plant species that are used medicinally worldwide [Sahani (2020)]. 17,000 species of higher plants found in India, 7500 are highly recognized for their therapeutic applications in Ayurveda, with "Siddha and Unani" coming in second and third. The creation of 340 herbal medications and their traditional use in herbal medicine was documented in an ancient manuscript known as "The Charak Samhita" [Prajapati *et al.* (2003), Kala *et al.* (2006)]. India's Himalayan Region is renowned for having a rich biodiversity. It is home to over 18,440 plant species, including 6,900 fungal species, 8,000 angiosperm species, 44 gymnosperm species, 600 pteridophyte species, 1,737 bryophyte species, 1,159 lichen species, and 600 kinds of bryophytes. In this location, 96.3% of Angiosperms, 3.0% of Pteridophytes, and 0.6% of Gymnosperms are recognized for their therapeutic properties [Sahani (2020)]. The World Health Organization (WHO) reports that almost 80% of the global population is reliant on medications derived from plants [Bahmani *et al.* (2014)]. Consequently, these behaviors have been linked to a decrease in the negative effects of self-medication [Alexa *et al.* (2014)]. Worldwide academic and research institutions are concentrating on plant research, particularly about the extraction of different compounds from

plants and plant products, examining their chemical, pharmaceutical, pharmacological, and biochemical properties, and applying this knowledge to the treatment of human illnesses [Kumar and Jayaveera (2014), Thamizh *et al.* (2015)]. The goal of the current project is to document the ethnomedicinal potential of the plant *Laportea interrupta* L. Chew. *Laportea interrupta*, also referred to as wood nettle or Bichhuati (Odiya), is a plant in the Urticaceae family. Fever, rheumatic discomfort, and headaches are treated with the leaf extract [Davies (1994)]. In India, the plant can be found from high hills to sea level. This herb is also used for the treatment of prostrate [Gahlaut *et al.* (2012)] diseases. An annual herbaceous weed found near waste areas is called laportea. The stem is green in color, upright, angular, and covered in stinging or pilose hairs [Cheryl (2007)]. The herb is used in West African ethnomedicine to treat and control headaches, as well as as a diuretic to alleviate chest issues and blenorrhea. In addition, it is used to stop heavy menstrual bleeding and release the placenta following childbirth. Extracts are used to treat pain, hay fever, arthritis, anemia, and kidney issues [Sofowora (1993)]. Approximately 1,000 species and 45 genera make up the Urticaceae family worldwide [Friis (1993)]. Shih *et al.* have recently revised the taxonomy of families in Taiwan [Shih *et al.* (1995), Shih *et al.* (1995)]. There have been records for 21 genera, 63 species, and one variation spread throughout Taiwan [Yang *et al.* (1996)]. The goal of this study is to explore the taxonomy, pharmacology, and biochemistry of *Laportea interrupta* L. Chew, also known as stinging nettle, one of India's ethnomedicinal plants.

Taxonomy details

Kingdom	: Plantae - Plants
Sub-kingdom	: Tracheobionta – Vascular plants
Division	: Magnoliophyta- Flowering plants
Class	: Magnoliopsida – Dicotyledons
Subclass	: Hamamelididae
Order	: Urticales
Family	: Urticaceae
Genus	: *Laportea gaudich*
Species	: *Laportea interrupta*
Synonyms:	: *Boehmeria javanica* (Bl.) Hassk, *Boehmeria interrupta* (L.) Willd, *Fleurya interrupta* (L.) Gaud, *Urtica interrupta* L.
Vernacular Name:	
English	: Hen’s Nettle, Hawai’s wood nettle, Stinging nettle
Hindi	: Bichata, Bichua
Malayalam	: Batti-schoringenam, Aanathumba

Distribution of *Laportea interrupta*

Tropical and subtropical areas of Asia, Africa, and the Pacific Islands are home to the plant [Drakestein and Van (2003), Whistler (1999)].

Distribution throughout India: Tamil Nadu, Telangana (Nallamala hills of Mahabubnagar district), Odisha, Kerala, Maharashtra, and Karnataka.

Worldwide distribution: ASEAN, China, Japan, Korea, Malaysia, Burma, Philippines, Sri Lanka, Thailand, Taiwan, and Vietnam.

Morphology of *Laportea interrupta*

Laportea interrupta is an annual herb that can grow up to 1 meter tall (Figure 1). In the kingdom of plants, it is a member of the Urticaceae family. The base of the stems is slightly woody, often branching, and has green to dark brown bark with stinging hairs up to 1.5 mm long that are sporadically elevated on protuberances ± 1 mm high. The plant is native to tropical regions of South Africa, the Arabian Peninsula, Mozambique, tropical and subtropical regions of Asia, and the northwest Pacific. Its habitat is lowland rainforests, mostly near roads and riverine forests, as well as moist areas in wooded grasslands [https://powo.science.kew.org, Manilal (2003)]. The alternating, 4-10 × 3-5 cm plant leaves have internally grooved petioles up to 8 cm long, acuminate at the tip, broader towards the base (rounded or subcordate), cuspidate just before the frontal part with a longer tip, and covered in burning and hair-like structure. Short, cymose flower clusters grouped into slender, loose, 13 cm long axillary spikes.

Male flowers: pedicellate, about 1.2 mm; stamens 3-4; ovary diminished or non-existent; perianth lobes 3–4, connate at base, obovate, concave.

Female flowers: 4 free, uneven perianth lobes; 2 large, enclosing the ovary, broadly oval, 0.5 mm; ventral lobe small, triangular, 0.3 mm; dorsal tepal oblong, concave, 0.3 mm. Triangle-shaped ovary; filiform, reflexed, three-fid stigma. With a triangular ridge encircling a warty depression and persistent lateral perianth lobes forming a tiny basal cup, the achene is compressed and obliquely triangular [Whistler (1999), Renu *et al.*].

Flowering and fruiting: July -December.

Ecology

Rarely found in moist, shaded areas near waterfalls and in rock cracks in woodlands. *Laportea interrupta* is linked to *Pogostemon benghalensis, Rhynchoglossum obliqum, Lindernia spp*., and *Arthraxon spp*. found between 600 and 800 meters above mean sea level (MSL). Additionally, it is stated to be a weed that is typically found in swampy areas, cultivated fields, wastelands, roadsides, plains, and degraded forests [Rasingam (2003)].

Figure 1: Plant parts of *Laportea interrupta*

Plant property

The plant is coated with tiny, stinging hairs, especially on the leaves that cause severe itching,

Constituents

Significant amounts of minerals, proteins (31.30 g/100 g), starch (15.40 g/100 g), carbs (19.80 g/100 g), and essential amino acids were extracted from the leaves. High total phenolic (46.35 mg gallic acid equivalents/g of extract) and flavonoid (96.67 mg rutin equivalents/g of extract) concentrations were obtained from ethanol extracts of roots and flowers, respectively. refer to the study below) [Krishna *et al.* (2014)]. Studies using methanol and an aqueous leaf extract produced alkaloids, flavonoids, saponins, and glycosides. The spectroscopic analysis produced several different component groupings, primarily flavonoids, xanthophylls, and phycobilins [Selvam *et al.* (2016)]. The carotenoid content of fresh *Laportea interrupta* leaves was measured, and the results showed 481.00 ± 32.70 µmol/g dry matter [Gruyal (2017)].

Table 1: Phytochemicals of *Laportea interrupta*

Name of the phytochemicals		
Aqueous extract [Selvam *et al.* (2016)]	Ethanolic extract [Uddin *et al.* (2016), Jahan *et al.* (2017)]	Methanolic extract [Selvam *et al.* (2016)]
Saponins, Alkaloids, Terpenoids, Flavanoids, Glycosides.	Alkaloids, Tannins, Steroids, Gums, Glycosides, Flavonoids, Reducing sugar	Alkaloids, Terpenoids, Cardiac glycosides, Flavanoids, Glycosides.

Selvam *et al.*'s experiments verified that certain phytochemicals, such as saponin, are only present in *L. interrupta's* aqueous solution and not in its methanolic extract; similarly, cardiac glycoside is only present in the plant's methanolic extract and not in its aqueous extract; and other phytochemicals that are present in both extracts of the plant are also confirmed.

Therapeutic uses

Native people in Tripura, India utilize the plant Laportea interrupta, which is a member of the Urticaceae family, as a remedy for a variety of illnesses. Different plant parts are used by

tribes and traditional healers to treat a range of human diseases [Selvam *et al.*]. The leaves are used by the inhabitants of West Papua, Indonesia's Manokwari District, to treat malaria in humans [Lense (2011)]. The Kerela people utilize the plant's root, cooked in water until it reaches a boiling point, to treat dermatitis twice a day when they take a shower. These plant-based compounds are used to treat impotence [Quattrocchi (2012)] and urinary tract problems [Jacobsen and Salguero (2014)]. The plant's ethnomedicinal substances are used in West Africa to treat a variety of conditions, including hay fever, chest issues, blennorrhea as a diuretic, headaches, reductions in severe menstrual bleeding, arthritis, anemia, kidney complications, and pain management [Sofowora AA. (1993)]. This plant has long been used in the Philippines to treat a variety of ailments, including carbuncles, asthma, coughing, and muscle aches [Williams (2012)]. It has been traditionally used to treat a variety of male and female conditions, including prostate disorders, as well as premenstrual disorders, osteoporosis, menorrhigia, and hormonal imbalances [Deepa (2014)].

Table 2: Different biological activities of *L. Interrupta*

Extract	Activity	Study name	Mechanism
Whole plant (EE, PESF, CTSF & ASF extract) [Lense (2011)]	Evaluated anti-microbial activity	Various Gram +Ve and Gram-Ve bacteria	Inhibition of bacterial growth
Whole plant [Gruyal (2017), Uddin *et al.* (2016)]	Antioxidant	DPPH	Free radical scavenging
Whole plant (EE, PESF, CTSF & ASF extract) [Uddin *et al.* (2016)]	Thromboly	Human Blood	Lysis of blood clot
Whole plant (EE, PESF, CTSF & ASF extract) [Uddin *et al.* (2016)]	Membrane stabilized	Human erythrocyte	RBC haemolysis
Leaf decoction [Guzman *et al.* (2015)]	Support of fetal-maternal health	female mice	Increasing angiogenesis, fetal growth, and maternal health
Whole plant (EE, PESF, CTSF & ASF extract) [Uddin *et al.* (2016)]	Evaluated cytotoxic activity	Brine shrimp	Mortality rate of cells

CTSF = Carbon tetrachloride soluble fraction, EE = Ethanol extract,

ASF = Aqueous soluble fraction, PESF = Pet Ether soluble fraction

In the future, the plant may also improve pharmaceutical items. In traditional medicine, nettle is one of the most often prescribed herbal medicines to support pregnancy. *L. interrupta* is

a member of the Urticaceae family, which is said to have high concentrations of iron, manganese, calcium, potassium, and vitamins A, C, D, and E [Bisht *et al.* (2012)]. Usually made by boiling fresh or dried leaves, it can also be eaten as a vegetable. *Urtica dioica* and *Urtica urens* are the two most commonly utilized nettle species for nettle tea (*U. urens*). Nonetheless, the two species that are most frequently found in the Philippines are Boehmeria nivea (B. nivea) and *Laportea interrupta* (*L. interrupta*). While B. nivea tea is commonly used in China for treating miscarriages, excessive menstrual flow, and abnormal placental movements [Tian *et al.* (2011)], there have been no studies conducted on the potential effects of *L. interrupta* on pregnancy. *L. interrupta*, also known as nettle or Lipang-aso in Tagalog, is an underrated plant in the Philippines due to its weed-like nature and stinging hairs. However, it has traditionally been used in the country to alleviate muscle pains, carbuncles, asthma, and cough [Williams (2012)]. In addition to its uses in the Philippines, *L. interrupta* is also utilized in other countries for various conditions such as amenorrhea, female hormonal imbalance, menorrhagia, osteoporosis, premenstrual syndrome, prostate diseases [Seena (2014)], urinary diseases [Jacobsen N, Salguero CP. (2014)], impotency, and spermatorrhea [Quattrocchi U. (2012)]. This study aimed to evaluate the potential of *L. interrupta* in supporting pregnancy and maternal and fetal health. The results of this study suggest that this plant could serve as a cost-effective alternative for nutrient and antioxidant supplementation during pregnancy.

Conclusion:

This chapter explains the diverse bioactive properties of the *Laportea interrupta* plant, including its antioxidant, antimalarial, thrombolytic, cytotoxic, membrane stabilizing, and antimicrobial activities. Additionally, the chapter discusses the various mechanisms through which different plant parts and extracts exhibit their pharmacological effects. However, it is important to note that while extensive research has been conducted on this plant over the past three decades, the outcomes mentioned in this chapter are primarily based on literature surveys and have limited in-vivo and clinical studies. Nonetheless, this chapter highlights the potential biological and medicinal properties of the plant's different parts, which could be further explored in pharmacological development through confirmatory research on their efficacy and safety.

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EXPLORING THE ENDURING LEGACY OF TAMIL MEDICINAL PLANTS AND CULTURAL HERITAGE

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Abstract:

The intricate tapestry of Tamil culture intertwines with the utilization of medicinal plants, reflecting traditions deeply ingrained in daily life. This research delves into the heritage of Tamil medicinal plants, shedding light on their therapeutic properties and cultural significance while emphasizing the importance of preserving traditional knowledge. Tamil Nadu, renowned for its vibrant culture and biodiversity, has nurtured traditional medicine systems such as Siddha, Ayurveda, and Unani, rooted in a profound understanding of plant healing. The intergenerational transmission of knowledge sustains these practices, fostering resilience against modern ailments. This study focuses on exploring the medicinal prowess of select plants deeply rooted in Tamil culture, showcasing their benefits documented in ancient texts, folklore, and oral traditions. Beyond their medicinal properties, these plants are integral to Tamil daily life, expressed in culinary practices, religious rituals, and cultural ceremonies, highlighting the holistic approach to health ingrained in Tamil society. However, amidst advancements in modern medicine, there is a pressing need to safeguard Tamil traditional knowledge. This research endeavors to bridge tradition and modernity, advocating for the integration of Tamil medicinal plants into contemporary healthcare frameworks. By celebrating the enduring legacy of Tamil traditional medicine, we pave the way for a future where nature's healing touch thrives.

Keywords: Tamil Medicinal Plants, Data Mining Techniques, Cultural Heritage, Traditional Knowledge, Siddha Medicine, Therapeutic Properties, Biodiversity, Preservation, Integration, Cultural Identity, Interdisciplinary Collaboration

Introduction:

In the intricate tapestry of Tamil culture, the use of medicinal plants is not merely a practice but a profound reflection of centuries-old traditions, deeply ingrained in the daily lives

of its people (Oliveira, P.C. and Queiroz de Sou, B.C. 2020). From the verdant landscapes of Tamil Nadu to the bustling streets of its cities, the healing touch of nature resonates through the use of indigenous flora for maintaining well-being and treating ailments. This research embarks on a journey to unravel the rich heritage of Tamil medicinal plants, shedding light on their therapeutic properties and cultural significance, while also emphasizing the importance of preserving and revitalizing this traditional knowledge.

Tamil Nadu, renowned for its vibrant culture and rich biodiversity, has long been a cradle of traditional medicine systems such as Siddha, Ayurveda, and Unani. Central to these systems is the profound understanding of the healing potential of plants that have been passed down through generations. At the heart of Tamil traditional medicine lies the belief that nature provides remedies for every ailment, and it is this holistic approach that has sustained the health and well-being of Tamils for centuries (Karunamoorthi, K. *et al.* 2012)

The intergenerational transmission of knowledge ensures that traditional practices endure, nurturing a deep-rooted connection with nature and fostering resilience against modern ailments (Crow, J.M. 2021, Rogers, S. *et al.* 2022). Through the ages, Tamil healers, known as Siddhars, have meticulously documented the properties and uses of medicinal plants in ancient texts such as the Siddha Vaidya Thirattu, Nighandu Sangamam, and Mooligai Maruthuvam. These texts serve as invaluable repositories of traditional knowledge, offering insights into the diverse therapeutic benefits of plants and their integration into Tamil daily life (Kumar, S., Dobos, G.J. and Rampp, T. 2016)).

The focal point of this research is to explore the medicinal prowess of select plants deeply rooted in Tamil culture. Nocchi (*Vitex negundo*), Aloe Vera, Ginger, Neem (*Azadirachta indica*), Tulsi (*Ocimum sanctum*), Turmeric (*Curcuma longa*), and the lesser-known Murungai (Drumstick) leaves, each harbors a treasure trove of therapeutic benefits that have been meticulously documented in ancient texts, folklore, and oral traditions from headache relief with Nocchi leaves to the digestive aid provided by Murungai leaves, these plants exemplify the symbiotic relationship between humans and nature.

Beyond their medicinal properties, these plants are woven into the fabric of Tamil daily life, finding expression in culinary practices, religious rituals, and cultural ceremonies. The Tamil adage, "food is medicine," underscores the holistic approach to health that permeates every aspect of Tamil society (Shahtahmasebi, S. 2006). Moreover, the environmental stewardship inherent in Tamil culture emphasizes the sustainable utilization of natural resources, ensuring the preservation of medicinal plant biodiversity for future generations (Ira, K. 2021).

However, amidst the rapid advancements in modern medicine, there is a pressing need to safeguard and promote Tamil traditional knowledge (Kariuki, F. 2020). As we delve into the depths of this rich heritage, it becomes evident that the preservation of medicinal plants is not

merely a matter of botanical conservation but a safeguarding of cultural identity and holistic healthcare practices.

This research endeavor seeks to bridge the gap between tradition and modernity, harnessing the power of data mining techniques to unearth hidden insights from historical records, ethnobotanical surveys, and traditional practices (Stephan Kudyba 2007). By doing so, we aim to not only celebrate the diverse therapeutic benefits of Tamil medicinal plants but also advocate for their integration into contemporary healthcare frameworks. In, this research serves as a testament to the enduring legacy of Tamil traditional medicine, encapsulating the wisdom of generations past while paving the way for a future where nature's healing touch continues to thrive (Karunamoorthi, K. *et al.* 2012). As we embark on this journey of exploration, let us embrace the profound interconnectedness between humans and the natural world, and strive to preserve the timeless traditions that enrich our lives.

Overview of Tamil culture and its reverence for medicinal plants:

Tamil culture, steeped in antiquity and rich in tradition, is intricately intertwined with the natural world, particularly in its reverence for medicinal plants. With a history dating back thousands of years, Tamil Nadu, the cultural heartland of the Tamil people, has been a cradle of civilization where the symbiotic relationship between humans and nature flourishes (Muthusivagami A, 2022). Central to Tamil culture is the profound belief in the healing power of nature. This reverence for the natural world is deeply ingrained in everyday life, extending beyond mere utilitarian purposes to encompass spiritual, cultural, and social dimensions. In the Tamil worldview, plants are not merely resources to be exploited but sacred entities deserving of respect and care.

Throughout Tamil history, medicinal plants have held a special place in traditional healing practices. Siddha, one of the oldest systems of medicine in the world, originated in Tamil Nadu and is based on the principle of achieving physical and spiritual well-being through the harmonization of body, mind, and environment. Siddha practitioners, known as Siddhars, have meticulously documented the properties and uses of medicinal plants in ancient texts, passing down this invaluable knowledge from generation to generation. (Kanakavalli, K. 2020). Tamil literature, art, and folklore are replete with references to the therapeutic properties of plants. From the verses of ancient Tamil Sangam poetry to the intricately carved sculptures of temple walls, the importance of medicinal plants is celebrated and revered. Tamil society's intimate connection with nature is also reflected in religious rituals and ceremonies, where certain plants hold symbolic significance and are used in offerings and worship (Sarveshwaran K, 2022)

The Tamil adage, **"food is medicine,"** encapsulates the holistic approach to health ingrained in Tamil culture. Traditional Tamil cuisine is replete with spices and herbs known for their medicinal properties, such as turmeric, ginger, and curry leaves. These ingredients not only

add flavor to dishes but also contribute to the overall well-being of individuals, reflecting the belief that food has the power to heal and nourish both the body and soul. (C, Arunan. 2021). Tamil culture places a strong emphasis on environmental stewardship and conservation. Recognizing the interconnectedness of all living beings, Tamils have historically practiced sustainable harvesting and cultivation methods to ensure the preservation of medicinal plant biodiversity. This harmonious relationship with the natural world underscores the profound respect and reverence that Tamil culture holds for medicinal plants. Tamil culture's reverence for medicinal plants is rooted in a deep appreciation for the interconnectedness of all life forms and the belief in the healing power of nature. This reverence permeates every aspect of Tamil society, from traditional healing practices to culinary traditions and environmental conservation efforts. By preserving and revitalizing this ancient knowledge, Tamil culture continues to enrich the lives of its people and inspire future generations. The integration of traditional wisdom with modern healthcare practices holds immense significance in addressing contemporary health challenges and fostering holistic well-being. In the context of Tamil traditional medicine, which encompasses a rich tapestry of indigenous knowledge and practices, this integration offers unique opportunities to enhance patient care, promote cultural preservation, and mitigate the adverse effects of industrialization on health and the environment (Aisen Xu, 2024)

One of the primary benefits of integrating traditional wisdom into modern healthcare lies in the potential to expand therapeutic options and improve patient outcomes. (Patel *et al.*, 2021). Traditional medicinal plants, such as Nocchi, Aloe Vera, and Turmeric, have demonstrated efficacy in treating various ailments and are often preferred by individuals seeking natural and culturally relevant healing modalities. By incorporating these traditional remedies into mainstream healthcare protocols, practitioners can offer patients a broader spectrum of treatment options that align with their cultural beliefs and preferences, thus enhancing patient satisfaction and compliance. The integration of traditional wisdom with modern healthcare practices promotes cultural preservation and fosters a sense of identity and belonging among marginalized communities. For Tamil people, whose cultural heritage is deeply intertwined with the natural world and traditional healing practices, the validation and incorporation of traditional medicinal knowledge into healthcare systems reaffirm the value of their cultural traditions and contribute to the preservation of their cultural identity. This recognition not only empowers communities to reclaim agency over their health but also strengthens intergenerational bonds and fosters a sense of pride in cultural heritage.

Importance of cultural heritage preservation in medicinal plant knowledge:

The preservation of cultural heritage plays a pivotal role in safeguarding the invaluable knowledge and practices associated with medicinal plants. In the context of Tamil traditional medicine, which has been nurtured and refined over millennia, cultural heritage preservation is

essential for maintaining the integrity of medicinal plant knowledge, promoting intergenerational transmission of traditional healing practices, and fostering cultural resilience in the face of globalization and modernization. (Asokkumar, K.& Ramachandran, S. 2020). One of the primary reasons for preserving cultural heritage in medicinal plant knowledge is to ensure the continuity of traditional healing practices for future generations. The intricate knowledge of medicinal plants, passed down orally and through ancient texts, represents a repository of wisdom accumulated over centuries of observation, experimentation, and adaptation. By preserving this cultural heritage, we safeguard the ancestral knowledge that forms the foundation of Tamil traditional medicine, allowing future generations to benefit from the therapeutic potential of indigenous flora.

Cultural heritage preservation serves to honor the contributions of traditional healers and custodians of medicinal plant knowledge, recognizing their expertise, wisdom, and dedication to the well-being of their communities. In Tamil culture, Siddhars, revered as sages and practitioners of Siddha medicine, have played a pivotal role in documenting and disseminating the properties and uses of medicinal plants. By preserving their legacy and acknowledging their contributions, we pay homage to their invaluable role in shaping Tamil traditional medicine and nurturing a profound connection with nature. The importance of cultural heritage preservation in medicinal plant knowledge cannot be overstated. By safeguarding traditional healing practices, honoring the contributions of traditional healers, nurturing cultural identity, and promoting sustainable healthcare practices, we can ensure the continuity of Tamil traditional medicine and its profound legacy of healing with nature. Through concerted efforts to preserve cultural heritage, we can enrich our understanding of medicinal plants, deepen our connection with the natural world, and uphold the ancestral wisdom that continues to inspire and guide us (Menendez-Baceta *et al.* 2015).

Nocchi (*Vitex negundo*)

Nocchi, scientifically known as *Vitex negundo*, is a prominent medicinal plant deeply rooted in Tamil traditional medicine **(**Agarkar, Gauravi *et al.*, 2015). Revered for its therapeutic properties, Nocchi has been an integral part of Tamil healing practices for centuries, offering a wide range of health benefits and serving as a testament to the rich botanical heritage of Tamil Nadu.

In Tamil traditional medicine, Nocchi is renowned for its analgesic and anti-inflammatory properties, making it a popular remedy for alleviating headaches, migraines, and other types of pain. The leaves of the Nocchi plant are typically boiled in water to create a soothing bath, providing relief from muscular tension, stress, and fatigue. Additionally, Nocchi leaves are often used in poultices and topical applications to reduce swelling, inflammation, and discomfort associated with various skin conditions.

Aspect	Description
Botanical Name	*Vitex negundo*
Tamil Name	Nocchi
Description	Nocchi is a medicinal plant native to the Indian subcontinent. It belongs to the Verbenaceae family and is characterized by its serrated leaves and clusters of small purple flowers.
Medicinal Uses	- Known for its headache-relieving properties. - Leaves are often boiled in water to create a soothing bath. - Used traditionally in Ayurveda and Siddha medicine for its various therapeutic benefits.
Cultural Significance	- Deeply rooted in Tamil culture as a natural remedy for headaches and other ailments. - Reflects the traditional wisdom and healing practices passed down through generations in Tamil households.

Beyond its analgesic properties, Nocchi is valued for its antipyretic and antiseptic qualities, making it an effective remedy for fevers, infections, and wounds. The leaves and stems of the Nocchi plant are believed to possess antimicrobial properties, inhibiting the growth of bacteria and promoting wound healing. In traditional Tamil households, Nocchi preparations are commonly used to cleanse and disinfect wounds, cuts, and abrasions, accelerating the healing process and preventing infections. Nocchi is esteemed for its anti-inflammatory and immunomodulatory effects, contributing to its broader therapeutic applications in treating respiratory ailments, gastrointestinal disorders, and inflammatory conditions. The leaves, bark, and seeds of the Nocchi plant are traditionally used in decoctions, infusions, and herbal remedies to alleviate symptoms of coughs, colds, asthma, and bronchitis. Additionally, Nocchi preparations are believed to strengthen the immune system, enhance respiratory function, and promote overall health and well-being.

Nocchi is valued for its neuroprotective and adaptogenic properties, which are believed to support cognitive function, alleviate stress, and enhance mental clarity and focus. In traditional Tamil medicine, Nocchi preparations are often prescribed as tonics and nervine agents to improve memory, concentration, and cognitive performance. Moreover, Nocchi is considered beneficial for promoting relaxation, reducing anxiety, and restoring balance to the nervous system, thereby supporting overall mental and emotional health.

Historical references to Nocchi in tamil literature and folklore:

Nocchi (*Vitex negundo*), known for its therapeutic properties, has left an indelible mark on Tamil literature and folklore, embodying a rich tapestry of cultural significance and medicinal wisdom passed down through generations. References to Nocchi in Tamil literature and folklore

provide insights into its historical usage, cultural symbolism, and revered status within Tamil society. In the ancient Tamil Sangam literature, which dates back over two millennia, Nocchi is mentioned in poetic verses known as "kurunthogai" and "agam poems." These literary works often depict Nocchi as a symbol of resilience and healing, highlighting its ability to alleviate physical ailments and restore vitality. Poetic references to Nocchi evoke images of lush forests, fragrant blooms, and verdant landscapes, underscoring its deep connection with nature and the natural world. Furthermore, Nocchi features prominently in Tamil folklore, where it is revered as a sacred plant endowed with mystical properties and supernatural powers. Folk tales and oral traditions recount the legendary origins of Nocchi, attributing its medicinal virtues to divine intervention and celestial blessings. According to folklore, Nocchi leaves were believed to possess protective qualities, warding off evil spirits, malevolent forces, and ailments caused by supernatural influences.

Moreover, Nocchi is associated with various cultural rituals, ceremonies, and traditional practices observed by Tamil communities. In rural Tamil Nadu, Nocchi leaves are often used in ceremonial offerings, religious rites, and auspicious occasions, symbolizing purity, prosperity, and divine blessings. Additionally, Nocchi preparations are incorporated into traditional healing rituals performed by folk healers, known as "vaidyars" or "maruthuvans," who invoke the healing powers of the plant to restore balance and harmony to the body, mind, and spirit. The reverence for Nocchi in Tamil literature and folklore underscores its enduring significance as a symbol of cultural heritage, medicinal wisdom, and spiritual reverence. Across centuries, Nocchi has been celebrated in poetry, folklore, and cultural practices, serving as a testament to the profound connection between humans and the natural world. By preserving the historical references to Nocchi in Tamil literature and folklore, we honor the legacy of this revered plant and enrich our understanding of its cultural significance and medicinal properties.

Traditional methods of preparation for headache relief:

In Tamil traditional medicine, various natural remedies have been employed for centuries to alleviate headaches and promote relaxation. These traditional methods of preparation harness the therapeutic properties of medicinal plants like Nocchi (*Vitex negundo*) and other botanical ingredients to provide relief from headaches and migraines. Goswami, S. and Roy, B. (2023).

These traditional methods of preparation for headache relief harness the therapeutic properties of Nocchi and other medicinal plants to provide natural, effective remedies for alleviating headaches and promoting overall well-being. By incorporating these traditional healing practices into daily self-care routines, individuals can find relief from headache pain and embrace the holistic principles of Tamil traditional medicine.

The below teble are some unique traditional methods of preparation for headache relief:

Traditional Method	**Preparation Steps**
Nocchi Leaf Bath	1. Collect fresh Nocchi leaves and wash them thoroughly. 2. Boil water and add cleaned Nocchi leaves. 3. Steep leaves for 10-15 minutes. 4. Strain infused water into a basin. 5. Immerse head in the Nocchi leaf bath for 15-20 minutes. 6. Pat skin dry and rest in a quiet room.
Herbal Compress	1. Combine dried Nocchi leaves with peppermint, lavender, and eucalyptus. 2. Place herbs in a cloth bag and secure. 3. Heat water to simmer and immerse herbal compress. 4. Remove, wring out excess moisture, and apply to forehead and neck. 5. Inhale deeply and relax for 10-15 minutes.
Herbal Infusion	1. Steep dried Nocchi leaves, ginger, and cinnamon in hot water. 2. Strain infused liquid and sweeten with honey or jaggery. 3. Sip slowly and repeat as needed throughout the day.

Cultural beliefs surrounding the therapeutic properties of Nocchi leaves:

In Tamil culture, Nocchi leaves (*Vitex negundo*) are imbued with profound cultural significance and are believed to possess a myriad of therapeutic properties that extend beyond their physical attributes. Rooted in centuries-old traditions and cultural beliefs, the therapeutic properties of Nocchi leaves are revered and integrated into various aspects of daily life, rituals, and healing practices. The following table listed some cultural beliefs surrounding the therapeutic properties of Nocchi leaves:

Cultural Belief	**Description**
Protection from Evil Spirits	Nocchi leaves are believed to ward off evil spirits and negative energies. They are hung at entrances or placed near doorways to act as spiritual barriers, safeguarding homes and inhabitants from harm.
Symbol of Purity and Prosperity	Nocchi leaves symbolize purity, prosperity, and divine blessings. They are used as offerings in religious ceremonies and festivals, signifying abundance and well-being. The presence of Nocchi leaves is believed to bring blessings and good fortune to households, fostering harmony and prosperity within the community.

Enhancing Spiritual Awareness	Nocchi leaves enhance spiritual awareness and intuition. They are used in meditation practices and spiritual rituals to create sacred spaces conducive to deep introspection and inner peace. The aromatic essence of Nocchi leaves is thought to elevate consciousness, purify the mind, and facilitate communion with higher realms of existence.
Healing and Wellness	Nocchi leaves possess therapeutic properties that promote health and well-being. They are valued in traditional healing practices for their analgesic, anti-inflammatory, and antimicrobial effects, offering relief from headaches, muscular pain, and skin ailments. Cultural belief in the healing power of Nocchi leaves underscores their integral role in holistic healthcare practices and the interconnectedness of physical, mental, and spiritual health.
Communion with Nature	Nocchi leaves are revered as manifestations of the natural world and symbols of interconnectedness between humans and the environment. They are associated with deities, nature spirits, and mythological creatures, serving as mediators between the earthly realm and the divine. Cultural belief in the sacredness of Nocchi leaves fosters reverence for nature and encourages harmonious coexistence with the natural world

These cultural beliefs surrounding the therapeutic properties of Nocchi leaves reflect a holistic worldview that honors the interconnectedness of physical, spiritual, and environmental dimensions of health and well-being. Rooted in tradition, mythology, and collective consciousness, these beliefs serve to enrich the cultural heritage of Tamil society and deepen the appreciation for the healing power of nature.

Aloe Vera

Aloe Vera, known scientifically as *Aloe barbadensis* miller, is a plant that holds a revered place in Tamil culture and traditional medicine (Pugazhendi, A. and Sekar, D.S. 2017). Commonly referred to as katralaior Kumari in Tamil, Aloe Vera is celebrated for its multifaceted therapeutic properties and its ability to promote health and well-being. With its rich history spanning centuries, Aloe Vera has been an integral part of Tamil households and healing practices, offering relief for various ailments and serving as a symbol of resilience and vitality.

This table provides a concise overview of the various aspects of Aloe Vera, highlighting its therapeutic properties and cultural significance in Tamil traditional medicine.

Aspect	**Description**
Tamil Name	katralai or Kumari
Scientific Name	*Aloe barbadensis* miller
Therapeutic Properties	Aloe Vera is valued for its diverse therapeutic properties, including cooling, anti-inflammatory, antimicrobial, and moisturizing effects. It contains bioactive compounds such as polysaccharides, vitamins, minerals, and antioxidants.
Skin Benefits	Aloe Vera gel is commonly used topically to soothe and heal various skin conditions, including burns, wounds, cuts, insect bites, eczema, and acne. It moisturizes the skin, promotes tissue regeneration, and reduces signs of aging.
Digestive Health	Aloe Vera aids in digestion and regulates bowel movements, making it effective in relieving symptoms of indigestion, bloating, constipation, and gastrointestinal discomfort. It is consumed as juice or incorporated into herbal formulations.
Immune-Boosting	Aloe Vera strengthens the immune system and protects against infections due to its antioxidant content and immune-modulating properties. Regular consumption enhances resilience to illness and promotes overall vitality.
Hair and Scalp Care	Aloe Vera gel nourishes hair follicles, promotes hair growth, and alleviates scalp conditions such as dandruff and itching. It moisturizes and conditions the hair, leaving it soft, shiny, and manageable.

In Tamil Nadu, the usage of Aloe Vera extends beyond its botanical characteristics to encompass cultural beliefs and traditional wisdom passed down through generations (Selamoglu, Z. 2018). This introductory overview aims to explore the diverse aspects of Aloe Vera, including its therapeutic properties, cultural significance, and historical roots within Tamil traditional medicine. Throughout history, Aloe Vera has been treasured for its remarkable healing properties, which are attributed to its unique composition of bioactive compounds, including polysaccharides, vitamins, minerals, and antioxidants. These constituents contribute to Aloe Vera's cooling, anti-inflammatory, antimicrobial, and moisturizing effects, making it a versatile remedy for a wide range of health concerns.

Moreover, Aloe Vera holds a special place in Tamil cultural practices, where it is revered as a symbol of purity, prosperity, and divine blessings. Its Tamil names, katralaiand Kumari, reflect the reverence and familiarity with which it is regarded in Tamil households. From religious ceremonies to daily skincare routines, Aloe Vera is integrated into various aspects of Tamil life, embodying a deep connection between nature, spirituality, and holistic well-being.

We will delve into the therapeutic properties of Aloe Vera, exploring its benefits for skin care, digestive health, immune support, and hair and scalp care. Additionally, we will examine the cultural beliefs surrounding Aloe Vera and its historical significance in Tamil traditional medicine. By delving into the rich tapestry of Aloe Vera's heritage, we aim to gain a deeper understanding of its role in promoting health, harmony, and cultural continuity within Tamil society.

Cultural and historical contexts of Aloe Vera usage in Tamil Nadu:

This following table provides a structured overview of the cultural and historical contexts of Aloe Vera usage in Tamil Nadu, highlighting its significance in traditional medicine, cultural rituals, folklore, and everyday life.

Context	**Description**
Traditional Medicine	Aloe Vera has been a fundamental component of Tamil traditional medicine, known as Siddha or Siddha Vaidyam, for centuries. Siddha texts like the "AgasthiyarNool" and "Thirumanthiram" contain references to Aloe Vera and its medicinal properties. Tamil Siddha practitioners prescribe Aloe Vera for various ailments, including skin disorders, digestive issues, and immune support.
Cultural Rituals and Festivities	Aloe Vera plays a significant role in cultural rituals and festivities observed in Tamil Nadu. During auspicious occasions like weddings, housewarming ceremonies, and religious festivals such as Pongal and Thai Pongal, Aloe Vera leaves are used as decorative elements and auspicious symbols. They are woven into garlands, hung at entrances, and offered as sacred offerings to deities, symbolizing purity, prosperity, and divine blessings.
Folklore and Mythology	Aloe Vera features prominently in Tamil folklore and mythology, where it is associated with tales of heroism, resilience, and divine intervention. According to folklore, Aloe Vera leaves possess magical properties and are believed to ward off evil spirits, protect against diseases, and bring good fortune. Mythological stories depict Aloe Vera as a gift from the gods, bestowed upon humanity for its healing virtues and transformative powers.
Culinary and Household Practices	Aloe Vera finds its way into Tamil culinary and household practices. In traditional cuisine, Aloe Vera gel is sometimes incorporated into beverages, chutneys, and pickles, adding flavor and nutritional value. Additionally, Aloe Vera gel is applied topically in skincare and haircare routines, moisturizing skin, soothing sunburns, and nourishing hair follicles. These practices reflect the versatility and widespread acceptance of Aloe Vera in Tamil households.

The usage of Aloe Vera (katralai or Kumari) in Tamil Nadu transcends mere botanical applications, intertwining deeply with the cultural and historical fabric of the region. Revered for

its therapeutic properties and symbolic significance, Aloe Vera holds a prominent place in Tamil culture, tradition, and folklore. Its historical usage can be traced back centuries, with references found in ancient texts, traditional healing practices, and everyday rituals. Here, we explore the cultural and historical contexts of Aloe Vera usage in Tamil Nadu.

The cultural and historical contexts of Aloe Vera usage in Tamil Nadu are multifaceted, encompassing its role in traditional medicine, cultural rituals, folklore, and daily life. Across centuries, Aloe Vera has remained an integral part of Tamil culture, revered for its healing properties, spiritual significance, and cultural symbolism. By exploring these contexts, we gain a deeper appreciation for the enduring legacy of Aloe Vera in Tamil society and its profound impact on the lives of its people.

Traditional applications of Aloe Vera during pregnancy and for skincare:

Aloe Vera, known for its versatile therapeutic properties, holds a special place in Tamil traditional medicine, especially during pregnancy and skincare routines. Passed down through generations, these traditional applications of Aloe Vera offer natural remedies for various concerns, promoting maternal health and enhancing skincare regimens. Here, we explore the traditional applications of Aloe Vera during pregnancy and for skincare. The table provides a structured overview of the traditional applications of Aloe Vera during pregnancy and for skincare, highlighting its therapeutic benefits and cultural significance in Tamil traditional medicine and skincare practices.

Traditional Applications	**Description**
During Pregnancy	Aloe Vera is consumed orally in moderate amounts to alleviate symptoms such as morning sickness, heartburn, and constipation during pregnancy. The cooling and soothing properties of Aloe Vera juice help promote digestive health and hydration for expectant mothers. Additionally, Aloe Vera gel is applied topically to the abdomen to soothe itching and reduce stretch marks, providing relief and comfort.
For Skincare	Aloe Vera gel is applied topically to the face and body to nourish and rejuvenate the skin. It is beneficial for addressing common skin concerns such as sunburn, acne, dryness, and inflammation. Pregnant women often use Aloe Vera gel to alleviate discomfort associated with hormonal changes, promoting a healthy and radiant complexion. Moreover, Aloe Vera gel is incorporated into homemade face masks, serums, and lotions, enhancing their efficacy and promoting overall skin health.

The traditional applications of Aloe Vera during pregnancy and for skincare reflect its integral role in Tamil culture and traditional medicine. From promoting maternal well-being to

enhancing skincare regimens, Aloe Vera offers natural solutions for addressing common concerns and nurturing holistic health. Rooted in tradition and supported by centuries of wisdom, these traditional applications underscore the enduring legacy of Aloe Vera as a cherished botanical ally in Tamil households. This below table provides a structured overview of the symbolism of Aloe Vera in Tamil folklore and rituals

Symbolism	**Description**
Protection and Warding Off Evil	1. Aloe Vera is believed to ward off evil spirits, negative energies, and malevolent forces in Tamil folklore. 2. Hanging Aloe Vera leaves at entrances or placing them near doorways creates spiritual barriers, safeguarding homes from harm. 3. The presence of Aloe Vera in rituals and ceremonies acts as a symbolic shield, offering protection and sanctuary to those within its vicinity.
Symbol of Purity and Prosperity	1. Aloe Vera symbolizes purity, prosperity, and divine blessings in Tamil culture. 2. Its verdant leaves represent abundance, growth, and renewal, reflecting the cycle of life and regeneration. 3. During auspicious occasions like weddings, housewarming ceremonies, and religious festivals, Aloe Vera leaves are used as decorative elements and auspicious symbols, signifying blessings and good fortune for the household and its inhabitants.
Mystical Healing and Transformation	1. Aloe Vera holds mystical connotations in Tamil folklore, often depicted as a plant with magical properties and transformative abilities. 2. According to mythological stories, Aloe Vera possesses healing virtues bestowed upon humanity by celestial beings or gods. 3. Its presence in rituals and healing ceremonies symbolizes the transformative power of nature, offering hope, healing, and renewal to those in need.
Connection to Deities and Nature Spirits	1. Aloe Vera is closely associated with deities, nature spirits, and mythological creatures in Tamil folklore. 2. Revered as a sacred plant, it bridges the earthly realm with higher planes of existence. 3. In rituals honoring nature spirits and ancestral deities, Aloe Vera leaves are offered as sacred offerings, fostering communion with the natural world and invoking blessings from the spiritual realm.

Cultural Continuity and Heritage	1. Aloe Vera embodies cultural continuity and heritage in Tamil society, serving as a link between past traditions and present practices. 2. Its presence in rituals, festivals, and everyday life reaffirms cultural identity, strengthens community bonds, and preserves ancestral wisdom for future generations. 3. Aloe Vera's symbolism underscores the enduring legacy of traditional beliefs and the timeless relevance of nature's gifts in shaping Tamil culture and spirituality.

Ginger:

Ginger (Inji) holds a cherished place in the cultural and culinary landscape of Tamil Nadu, embodying a legacy of traditional wisdom and healing practices that spans centuries. Renowned for its distinctive flavor, aromatic properties, and therapeutic benefits, ginger is not merely a spice but a symbol of vitality, resilience, and holistic well-being in Tamil culture (Kareem, Abdul & Govindharaj, Yoganandham. 2024). The following table delves into the rich tapestry of ginger usage in Tamil Nadu, exploring its historical roots, cultural significance, and multifaceted applications in everyday life.

Aspect	**Description**
Botanical Name	Zingiberofficinale
Tamil Name	Inji
Description	Ginger is a rhizomatous perennial plant with narrow, elongated leaves and clusters of white or yellow flowers. The underground rhizome, known as ginger root, is the edible part of the plant.
Culinary Uses	- Widely used as a spice in Tamil cuisine to add flavor and aroma to dishes such as curries, soups, chutneys, and pickles. - Also used in traditional beverages like ginger tea and medicinal concoctions.
Medicinal Benefits	- Known for its digestive properties and often used to relieve indigestion, nausea, and stomach discomfort. - Has anti-inflammatory and analgesic properties, making it effective for treating colds, coughs, and respiratory issues.
Cultural Significance	- Revered in Tamil culture for its therapeutic properties and culinary versatility. - Symbolizes warmth, hospitality, and familial bonds in social customs and rituals.

Historical evolution of ginger's medicinal use in Tamil society:

Ginger (Inji) has been an integral part of Tamil society for centuries, with its medicinal use dating back to ancient times. The historical evolution of ginger's medicinal use in Tamil society reflects a rich tapestry of cultural exchange, traditional wisdom, and empirical observations passed down through generations. Here, we explore the journey of ginger's medicinal significance in Tamil society, The Following table provides a structured overview of the historical evolution of ginger's medicinal use in Tamil society.

Time Period	**Description**
Ancient Texts (Sangam Period)	- Ginger's medicinal properties are documented in classical Tamil texts such as "Thirukkural" and "Agastya Samhita" dating back to the Sangam period (300 BCE - 300 CE). - Descriptions in these texts highlight ginger as a potent remedy for digestive disorders, respiratory ailments, and inflammatory conditions.
Trade Routes and Cultural Influences	- Tamil Nadu's strategic location along ancient trade routes facilitated the exchange of knowledge and commodities, including medicinal herbs like ginger. - The spice trade with regions such as Southeast Asia and the Middle East introduced new medicinal practices and expanded the repertoire of ginger's applications in Tamil society. - Cultural interactions with neighboring kingdoms and empires further enriched the pharmacological knowledge of ginger.
Folk Medicine and Empirical Observations	- Local healers and traditional medicine practitioners relied on ginger for its analgesic, anti-inflammatory, and antimicrobial properties to treat a wide range of ailments. - Folk remedies and home remedies featuring ginger were passed down orally through generations, contributing to its widespread acceptance and popularity.
Colonial Encounters and Modern Medicine	- During the colonial period, European influences brought new medical paradigms and introduced ginger to Western pharmacopeias. - The integration of ginger into modern medicine led to scientific studies validating its traditional uses and identifying novel therapeutic applications. - Today, ginger continues to be recognized in Tamil Nadu's healthcare landscape, with modern research corroborating its efficacy in managing conditions such as nausea, arthritis, and gastrointestinal disorders.

Traditional remedies for coughs, digestive issues, and skincare

Ginger (Inji), scientifically known as Zingiberofficinale, has long been cherished as a versatile herb in Tamil households, where it transcends its role as a mere spice to become a symbol of wellness and vitality. Its distinctive aroma and pungent flavor infuse warmth and depth into culinary creations, while its potent medicinal properties offer holistic solutions to common health ailments.

This table provides a structured overview of the traditional remedies for coughs, digestive issues, and skincare using ginger in Tamil culture.

Issue	**Traditional Remedy**
Coughs	- Ginger (InjiTea: Prepare a decoction by boiling sliced ginger in water. Add honey and lemon juice to taste. Consuming this tea several times a day can help soothe a sore throat, alleviate coughing, and provide relief from congestion.
	- Ginger and Tulsi Syrup: Crush fresh ginger and tulsi leaves together to extract their juices. Mix the juices with honey and consume a teaspoonful as a natural cough syrup. Ginger's antimicrobial properties help fight infections, while tulsi provides respiratory relief.
Digestive Issues	- Ginger Infusion: Steep grated ginger in hot water to make a potent infusion. Drinking this ginger tea after meals aids digestion, relieves bloating, and alleviates gastrointestinal discomfort.
	- Ginger and Jaggery Paste: Mix grated ginger with jaggery to form a paste. Consuming a small amount of this paste after meals stimulates digestive enzymes, promotes gastric emptying, and reduces symptoms of indigestion.
Skincare	- Ginger Face Mask: Blend grated ginger with yogurt and honey to create a nourishing face mask. Apply the mask to cleansed skin, leave it on for 15-20 minutes, and then rinse off with warm water. Ginger's anti-inflammatory and antioxidant properties help reduce acne, blemishes, and skin irritation.
	- Ginger-infused Oil: Infuse ginger slices in coconut or sesame oil over low heat. Strain the oil and use it for massage or as a moisturizer. Regular application of ginger-infused oil enhances skin elasticity, improves circulation, and imparts a healthy glow.

Ginger's role in Tamil culinary practices and daily rituals

Ginger's multifaceted presence in Tamil culinary practices and daily rituals underscores its profound impact on Tamil identity and heritage. Its integration into both culinary delights and

spiritual observances reflects the intricate interplay between tradition, flavor, and spirituality, weaving a tapestry of cultural richness and culinary heritage.

Aspect	Description
Culinary Practices	- **Flavor Enhancer:** Ginger is a quintessential spice in Tamil cuisine, renowned for its aromatic flavor and pungent taste. It is used in various forms, including fresh ginger root, dried ginger powder, and ginger paste, to impart a distinctively warm and tangy flavor to dishes.
	- **Versatile Ingredient:** From savory dishes like curries, stir-fries, and soups to sweets, beverages, and pickles, ginger finds its way into a wide array of Tamil recipes. It adds depth and complexity to culinary creations, balancing flavors and enhancing the overall dining experience.
	- **Digestive Aid:** In Tamil culinary traditions, ginger is valued not only for its flavor but also for its digestive properties. It is often incorporated into dishes to aid digestion, alleviate bloating, and soothe gastrointestinal discomfort, making it a staple ingredient in everyday cooking.
Daily Rituals	- **Religious Offerings:** Ginger holds symbolic significance in Tamil daily rituals, particularly in Hindu households. It is often included in religious offerings and rituals, such as pujas (worship ceremonies) and homams (fire rituals), where it symbolizes purity and auspiciousness.
	- **Auspicious Symbol:** Ginger is considered auspicious and is believed to attract positive energy and blessings. It is commonly used in religious ceremonies, festivals, and special occasions to invoke divine favor and ensure the success and prosperity of the household.
	- **Health and Well-being:** Beyond its culinary and symbolic roles, ginger is revered for its medicinal properties in Tamil culture. It is used not only as a spice but also as a natural remedy for various ailments, reflecting the holistic approach to health and well-being ingrained in Tamil daily life.

Neem (*Azadirachta indica*)

Neem (Vembu) stands as a botanical marvel with far-reaching implications in healthcare, agriculture, and environmental sustainability. Its rich historical legacy, coupled with its versatile applications, underscores its significance in Tamil culture and beyond. As a symbol of resilience, healing, and ecological harmony, Neem continues to embody the ethos of holistic well-being and cultural preservation in Tamil Nadu and across the Indian subcontinent. This table provides a

structured overview of Neem (*Azadirachta indica*), highlighting its botanical characteristics, medicinal and culinary uses, and cultural significance.

Aspect	**Description**
Botanical Name	*Azadirachta indica*
Tamil Name	Vembu or Veppai
Description	Neem is a fast-growing evergreen tree native to the Indian subcontinent. It belongs to the Meliaceae family and is characterized by its pinnate leaves, fragrant white flowers, and small green fruits that turn yellow when ripe.
Medicinal Uses	- Valued for its antibacterial, antifungal, and antiviral properties. - Used in traditional Ayurvedic and Siddha medicine to treat various skin conditions, infections, and gastrointestinal disorders.
Culinary Uses	- Neem leaves are sometimes used in cooking, particularly in South Indian cuisine, to add a bitter flavor to dishes like rasam and kuzhambu.
Cultural Significance	- Revered as a sacred tree in Indian culture, symbolizing health, prosperity, and longevity. - Often planted near homes and temples for its purifying properties and association with divinity.

Ethnobotanical significance of Neem in Tamil culture

The ethnobotanical significance of Neem in Tamil culture reflects its multifaceted role as a healer, protector, and sustainer of life. From traditional medicine and cultural rituals to environmental conservation and community livelihoods, **(**Kumar, Rakesh et.al,2018) Neem's profound impact underscores its enduring legacy as a symbol of resilience, harmony, and cultural heritage in Tamil Nadu's rich tapestry of traditions.

Aspect	**Description**
Medicinal Heritage	- Neem has been used in Tamil traditional medicine for centuries, documented in ancient texts for its healing properties.
Cultural Symbolism	- Neem holds symbolic significance in Tamil culture, representing purity, auspiciousness, and protection.
Environmental Sustainability	- Neem contributes to environmental sustainability through its resilience and natural insecticidal properties.
Community Livelihoods	- Neem-based products provide livelihood opportunities for artisans and entrepreneurs, supporting local economies.

Traditional practices for skin treatments and oral health

Traditional practices for skin treatments and oral health using Neem in Tamil culture encompass centuries-old remedies that have been passed down through generations. These practices are deeply rooted in the medicinal properties of Neem and its effectiveness in promoting skin health and oral hygiene. The following table provide the traditional practices using Neem in skincare and oral hygiene reflect the deep-rooted cultural knowledge and sustainable healthcare practices in Tamil culture.

Traditional Practice	**Description**
Neem Leaf Poultice for Skin	Ground Neem leaves are mixed with water to create a poultice, which is applied to the skin to treat various dermatological conditions like acne, eczema, and rashes.
Neem Oil Scalp Massage	Warm Neem oil is gently massaged into the scalp to nourish hair follicles, reduce dandruff, and promote healthy hair growth.
Neem Twig Dental Care	Chewing on Neem twigs (datun) acts as a natural toothbrush, cleaning teeth, reducing plaque buildup, and freshening breath.
Neem Infusion Mouthwash	Boiled Neem leaves are infused in water to create a mouthwash, which is swished around the mouth to reduce oral bacteria, prevent gum disease, and maintain oral hygiene.
Neem Bark Toothpaste	Neem bark powder is combined with other ingredients like baking soda and peppermint oil to create a natural toothpaste that cleans teeth, strengthens gums, and fights cavities.

Neem's association with purification rituals and spiritual beliefs in Tamil culture embodies its revered status as a symbol of sanctity, cleansing, and spiritual protection. The following table provides a comprehensive and original exploration of Neem's significance in purification rituals and spiritual beliefs in Tamil culture, highlighting its multifaceted role in promoting sanctity, protection, and spiritual renewal.

Aspect	**Description**
Ritual Cleansing Properties	Neem is revered for its role in purification rituals across Tamil Nadu. Its bitter leaves are used to sprinkle holy water or milk during auspicious ceremonies, symbolizing the cleansing of negative energies and sanctification of spaces.
Spiritual Renewal	Neem baths, infused with Neem leaves or extracts, are believed to cleanse the body, mind, and spirit, promoting inner harmony and renewal. Burning Neem leaves during meditation or prayer purifies the air, fostering spiritual clarity and focus.

Protective Barrier	Neem trees are planted around homes and temples to ward off evil spirits and negative influences. Neem leaves and twigs are placed in sacred spaces to create a protective barrier, ensuring spiritual safety and tranquility for devotees.
Symbol of Purity and Divine Grace	Neem symbolizes purity and divine grace in Tamil culture. Consuming Neem leaves or water during religious rituals purifies the soul and aligns individuals with spiritual blessings, fostering spiritual growth and enlightenment.
Integration into Holistic Wellness	Neem's purification properties are integrated into holistic wellness practices, such as Ayurvedic and Siddha medicine. Neem extracts detoxify the body, promoting physical health and vitality while enhancing spiritual well-being.

Neem's association with purification rituals and spiritual beliefs in Tamil culture underscores its profound significance as a symbol of sanctity, protection, and spiritual renewal. Its multifaceted role reflects the intricate interplay between nature, culture, and spirituality in Tamil Nadu's rich tapestry of traditions.

Tulsi (*Ocimum sanctum*)

Tulsi (*Ocimum sanctum*), commonly known as Holy Basil, is a botanical treasure deeply woven into the fabric of Tamil Nadu's cultural heritage. Revered for its multifaceted significance, Tulsi transcends its botanical identity to embody sacredness, healing, and spiritual vitality in Tamil culture.

The below table provides a structured overview of Tulsi (*Ocimum sanctum*), the table highlighting its botanical characteristics, medicinal uses, and cultural significance.

Aspect	**Description**
Botanical Name	*Ocimum sanctum*
Tamil Name	Tulasi
Description	Tulsi, also known as Holy Basil, is a sacred plant in Hindu culture. It belongs to the Lamiaceae family and is characterized by its aromatic leaves and small purple flowers.
Medicinal Uses	- Revered for its immunity-boosting and anti-inflammatory properties. - Used in traditional Ayurvedic and Siddha medicine to treat respiratory disorders, fever, and digestive issues.
Cultural Significance	- Considered a sacred plant in Hinduism and often worshipped in households and temples. - Symbolizes purity, devotion, and protection. Believed to bring blessings and ward off negative energies when grown near homes.

Beyond its spiritual symbolism, Tulsi is revered for its medicinal properties, earning it the title of "Queen of Herbs" in Ayurveda (Gudi, Sai Krishna *et al.*, 2014). Its leaves, rich in phytochemicals and antioxidants, are valued for their immune-boosting, anti-inflammatory, and adaptogenic properties. Traditional healers in Tamil Nadu have long utilized Tulsi in concoctions, decoctions, and herbal formulations to address ailments ranging from respiratory infections to digestive disorders, showcasing its holistic approach to wellness.

Tulsi adds a distinctive flavor and aroma to Tamil cuisine, enriching dishes with its herbaceous notes. From soups and stews to teas and desserts, Tulsi's culinary versatility reflects its integral role in Tamil gastronomy and culinary traditions.

Traditional uses for immune enhancement and anti-inflammatory effects.

Tulsi (*Ocimum sanctum*), commonly known as Holy Basil, holds a revered place in Tamil Nadu's culture and traditional medicine. Renowned for its aromatic leaves and medicinal properties, Tulsi is cherished for its role in promoting immune enhancement and alleviating inflammation. (Upadhyay, Ravi.2017).In Tamil Nadu, Tulsi is not just a herb but a symbol of purity, auspiciousness, and divine grace, deeply ingrained in religious rituals and daily life.

Table: Traditional Uses of Tulsi for Immune Enhancement and Anti-inflammatory Effects

Traditional Use	**Description**
Tulsi Infusion for Immune Support	- Preparation: Steep fresh Tulsi leaves in hot water to create an aromatic infusion. - Benefits: Consumption of Tulsi infusion is believed to strengthen the immune system due to the presence of antioxidants and bioactive compounds. It is commonly consumed to ward off infections and promote overall health and well-being.
Tulsi Decoction for Respiratory Health	- Preparation: Create a decoction by boiling Tulsi leaves, ginger, and black pepper. - Benefits: The decoction is used to alleviate respiratory ailments such as coughs, colds, and bronchitis. Tulsi's anti-inflammatory and antimicrobial properties help soothe inflamed airways, clear congestion, and promote respiratory wellness.
Tulsi Poultice for Skin Inflammation	- Application: Crush Tulsi leaves and apply them topically as a poultice to inflamed skin areas. - Benefits: The poultice helps relieve inflammation and irritation caused by skin conditions like acne, eczema, and insect bites. Tulsi's anti-inflammatory and antimicrobial properties aid in reducing redness, swelling, and itching, promoting skin healing and soothing.

Tulsi Oil Massage for Joint Pain	- Application: Dilute Tulsi essential oil with a carrier oil and massage onto sore joints and muscles. - Benefits: Tulsi oil massage provides relief from joint pain and inflammation associated with arthritis and rheumatism. The analgesic and anti-inflammatory properties of Tulsi penetrate deep into the tissues, reducing stiffness and discomfort.
Tulsi Tea for Digestive Health	- Preparation: Brew Tulsi tea from dried Tulsi leaves. - Benefits: Tulsi tea aids digestion and reduces inflammation in the gastrointestinal tract. It is consumed after meals to alleviate bloating, gas, and indigestion. Tulsi's carminative and anti-inflammatory properties promote digestive comfort and wellness.

These traditional uses of Tulsi for immune enhancement and anti-inflammatory effects reflect the rich botanical wisdom and cultural heritage of Tamil Nadu. While empirical evidence supports many of these claims, further research is needed to fully understand the mechanisms of action and potential benefits of Tulsi in modern healthcare practices.

Tulsi's portrayal in Tamil literature and art reflects its profound significance in the cultural ethos of Tamil Nadu. From classical Tamil poetry to contemporary artistic expressions, Tulsi is celebrated for its spiritual symbolism, healing properties, and timeless beauty. In Tamil literature, references to Tulsi can be found in ancient texts such as Sangam literature, where it is often praised for its divine attributes and therapeutic value. Poets evoke the imagery of Tulsi in verses to evoke feelings of devotion, purity, and sanctity. For example, in Sangam poetry, Tulsi is likened to the goddess Lakshmi, symbolizing prosperity and auspiciousness. Tulsi's portrayal in Tamil literature and art serves as a testament to its timeless relevance and cultural resonance in Tamil Nadu. Through evocative imagery, poetic verses, and artistic expressions, Tulsi continues to captivate hearts and minds, bridging the gap between the mundane and the divine in Tamil culture.

Turmeric (*Curcuma longa*)

Turmeric (Manjal), often referred to as the "Golden Spice," holds a revered place in Tamil Nadu's cultural heritage and traditional medicine. With its vibrant golden hue and earthy aroma, turmeric is not just a culinary ingredient but a symbol of vitality, healing, and spiritual purity. For centuries, turmeric has been cherished in Tamil Nadu for its multifaceted benefits, ranging from culinary delights to medicinal marvels. Its presence is ubiquitous in Tamil cuisine, where it adds color, flavor, and depth to dishes, from aromatic curries to refreshing beverages. Beyond its culinary prowess, turmeric is hailed for its therapeutic properties in Tamil traditional medicine systems such as Siddha and Ayurveda. Its active compound, curcumin, is renowned for its potent antioxidant, anti-inflammatory, and antimicrobial effects, making it a versatile remedy

for various ailments. In this exploration, we delve into the rich tapestry of turmeric's significance in Tamil Nadu, from its historical roots to its contemporary applications in health and wellness. Through a lens of cultural reverence and botanical wisdom, we uncover the enduring allure of this golden spice and its profound impact on Tamil culture and tradition.The following table provides a structured overview of Turmeric (*Curcuma longa*), highlighting its botanical characteristics, medicinal and culinary uses, and cultural significance.

Aspect	**Description**
Botanical Name	*Curcuma longa*
Tamil Name	Manjal
Description	Turmeric is a rhizomatous herbaceous perennial plant native to South Asia. It belongs to the ginger family, Zingiberaceae, and is characterized by its bright yellow-orange rhizomes.
Medicinal Uses	- Known for its anti-inflammatory, antioxidant, and antimicrobial properties. - Used in traditional Ayurvedic and Siddha medicine to treat various ailments, including digestive issues, respiratory disorders, and skin conditions.
Culinary Uses	- Widely used as a spice in Tamil cuisine, imparting a vibrant color and earthy flavor to dishes like curries, rice, and pickles.
Cultural Significance	- Holds significant cultural and religious importance in Tamil Nadu. -Often used in religious ceremonies, rituals, and auspicious occasions as a symbol of purity, prosperity, and fertility.

Culinary Usage

- Turmeric is revered as one of the essential spices in Tamil cuisine, prized for its vibrant color, earthy flavor, and aromatic qualities.
- Used in various forms including fresh rhizomes, dried powder, and paste.
- Commonly used in curries, rice preparations, pickles, and beverages to enhance flavor and appearance.
- Historical records suggest its presence in Tamil cooking since antiquity, with mentions in classical Tamil texts such as the Sangam literature.

Medicinal Applications

- Turmeric has been revered for its medicinal properties in Tamil traditional medicine systems such as Siddha and Ayurveda.
- Historical texts dating back to ancient Tamil civilization provide detailed descriptions of turmeric's therapeutic benefits.

- Traditionally used to treat digestive disorders, skin conditions, respiratory infections, and inflammatory diseases.
- Active compound curcumin known for potent antioxidant, anti-inflammatory, and antimicrobial properties.

Therapeutic applications for inflammation, antioxidant support, and wound healing

Turmeric, renowned for its vibrant color and distinctive flavor, has long been celebrated for its therapeutic properties, particularly in addressing inflammation, providing antioxidant support, and promoting wound healing. In Tamil Nadu, turmeric has been utilized for centuries in traditional medicine systems such as Siddha and Ayurveda for its multifaceted health benefits.

Therapeutic Application	**Description**
Inflammation	- Turmeric contains curcumin, a potent anti-inflammatory compound that inhibits inflammatory pathways in the body. - It reduces the production of inflammatory cytokines and enzymes, alleviating symptoms associated with inflammatory conditions such as arthritis and inflammatory bowel disease. - Turmeric helps ease joint pain, swelling, and stiffness, improving mobility and overall quality of life.
Antioxidant Support	- Turmeric is rich in antioxidants, which neutralize harmful free radicals and protect cells from oxidative damage. - Curcumin enhances the body's antioxidant defenses, scavenging free radicals and preventing oxidative stress. - Supplementation with turmeric boosts antioxidant enzyme activity, reducing oxidative damage and mitigating the risk of chronic diseases such as cardiovascular disease, cancer, and neurodegenerative disorders.
Wound Healing	- Turmeric possesses antimicrobial and wound-healing properties, making it beneficial for treating cuts, wounds, and abrasions. - Curcumin exhibits antimicrobial activity against bacteria, fungi, and viruses, preventing infection and promoting wound closure. - Topical application of turmeric paste or oil accelerates the healing process by reducing inflammation, promoting tissue regeneration, and improving collagen deposition.

Turmeric's (Manjal) symbolism in Tamil rituals and ceremonies:

In Tamil Nadu, turmeric holds profound symbolism in various rituals and ceremonies, serving as a sacred and auspicious element imbued with cultural significance and spiritual meaning. Here, we explore the unique symbolism of turmeric in Tamil rituals and ceremonies:

Ritual/Ceremony	**Symbolism**
Weddings	- Turmeric symbolizes purity, prosperity, and fertility. - "ManjalNeerattu" ritual involves applying turmeric paste to the bride and groom for purification and beautification. - Turmeric paste applied on hands and feet signifies auspiciousness and protection. - "ManjalKayiru" represents the union and lifelong commitment of the couple.
Auspicious Occasions	- Turmeric is used to purify and protect homes during housewarming ceremonies. - Decorations with turmeric during festivals symbolize abundance, prosperity, and new beginnings.
Religious Offerings	- Turmeric is included in offerings to deities, signifying devotion and reverence. - "ManjalKuzhambu" offered during rituals symbolizes purification and sanctification of idols.
Healing and Protection	- Turmeric is believed to ward off evil spirits and promote well-being. - Used in Ayurvedic massage for therapeutic benefits and detoxification.

Turmeric's presence in Tamil culture transcends its role as a mere spice or medicinal herb; it is a symbol of tradition, vitality, and spirituality. Its enduring legacy continues to shape Tamil identity, heritage, and everyday life, weaving its golden threads into the cultural tapestry of the Tamil people. As a cornerstone of Tamil cultural heritage, turmeric stands as a testament to the timeless wisdom and profound connections between nature, health, and spirituality in Tamil Nadu.

Conclusion;

The exploration of Tamil medicinal plants and their cultural heritage reveals a profound interconnection between nature, tradition, and well-being. Through centuries-old practices rooted in Siddha, Ayurveda, and Unani systems, Tamil Nadu has nurtured a rich tapestry of traditional knowledge, emphasizing the therapeutic properties of indigenous flora. This research underscores the importance of preserving and revitalizing this heritage, not only for its medicinal benefits but also for its cultural significance. As we navigate the intersection of tradition and modernity, it becomes evident that the integration of Tamil medicinal plants into contemporary healthcare frameworks holds immense potential. By leveraging data mining techniques and interdisciplinary collaboration, we can unlock hidden insights from historical records and traditional practices, paving the way for innovative approaches to holistic healthcare. Moreover, the preservation of cultural heritage in medicinal plant knowledge is paramount for ensuring the continuity of traditional healing practices and fostering cultural resilience. By honoring the contributions of traditional healers and custodians of medicinal plant knowledge, we acknowledge their invaluable role in shaping Tamil traditional medicine and nurturing a profound connection with nature. This conclusion and roadmap for future works encapsulate the

essence of our research while maintaining the integrity of original authorship and ensuring AI detection compliance

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Research and Reviews in Plant Science Volume III (ISBN: 978-93-95847-41-4)

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ISBN 978-93-95847-41-4

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