

Nutritional Value Of Moringa Oleifera Leaves

National Research Council, Policy and Global Affairs, Development, Security, and Cooperation

Lost Crops of Africa National Research Council, Policy and Global Affairs, Development, Security, and Cooperation, 2006-10-27 This report is the second in a series of three evaluating underexploited African plant resources that could help broaden and secure Africa's food supply. The volume describes the characteristics of 18 little-known indigenous African vegetables (including tubers and legumes) that have potential as food- and cash-crops but are typically overlooked by scientists and policymakers and in the world at large. The book assesses the potential of each vegetable to help overcome malnutrition, boost food security, foster rural development, and create sustainable landcare in Africa. Each species is described in a separate chapter, based on information gathered from and verified by a pool of experts throughout the world. Volume I describes African grains and Volume III African fruits.

Effect of Phenolic Compounds on Human Health Elena González-Burgos, M Pilar Gómez-Serranillos Cuadrado, 2022-01-21 Phenolic compounds are non-essential dietary compounds that are found in many vegetables (i.e. onion, cabbage, broccoli and parsley), fruits (i.e. cherries, grapes, berries and pears), cereals and beverages (i.e. red wine, tea and chocolate). These heterogeneous compounds are produced as secondary metabolites. Structurally, these compounds are characterized by comprising an aromatic ring with one or more hydroxyl groups that can be classified into two groups: flavonoids and non-flavonoids. Phenolic compounds have received considerable attention for its health-promoting properties in many chronic disorders including diabetes, cardiovascular diseases, cancer and neurodegenerative diseases, among others. These health benefits are mainly attributed to its antioxidant properties. Phenolic compounds act as antioxidant by scavenging free radicals, metal chelation and endogenous antioxidant system upregulation (enzymatic antioxidants such as catalase, superoxide dismutase and glutathione peroxidase and non-enzymatic antioxidants such as glutathione). The consumption of exogenous medicinal plants and food rich in phenolic compounds represent a promising therapeutically to prevent many chronic diseases and improve health. This Special Issue entitled Effect of Phenolic Compounds on Human Health include research articles and review articles on phenolic compounds and its role in health (i.e. flavonoids and diabetes, polyphenols and liver diseases, polyphenols and obesity, polyphenols and cardiovascular diseases and polyphenols and neuroprotection).

Moringa Oleifera Daniel Figueroa, 2021-01-05 Moringa oleifera is a widely cultivated and highly valuable tree belonging

to the family Moringaceae, originating in India. This compilation explores its wide variety of uses, including in food, traditional herbal medicine, water purification and as an insecticide.

Antioxidant-Antidiabetic Agents and Human Health Oluwafemi Oguntibeju,2014-02-05 The human system employs the use of endogenous enzymatic as well as non-enzymatic antioxidant defence systems against the onslaught of free radicals and oxidative stress. Enzymatic antioxidants and non-enzymatic antioxidants work synergistically with each other, using different mechanisms against different free radicals and stages of oxidative stress. Dietary and lifestyle modifications are seen as the mainstay of treatment and management of chronic diseases such as diabetes mellitus. The major aims of dietary and lifestyle changes are to reduce weight, improve glycaemic control and reduce the risk of coronary heart disease, which accounts for 70- 80% of deaths among those with diabetes. It is also important to note that medicinal plants have been used as medicines since ancient time, and continue to play significant role even in modern medicine in management and treatment of chronic diseases. Impressive numbers of modern therapeutic agents have been developed from plants. Phytochemicals have been isolated and characterised from fruits such as grapes and apples, vegetables such as broccoli and onion, spices such as turmeric, beverages such as green tea and red wine, as well as many other sources. The WHO estimates that approximately 80% of the worlds inhabitants rely on traditional medicine for their primary health care and many medicinal plants have ethno-medical claims of usefulness in the treatment of diabetes and other chronic diseases globally, and have been employed empirically in antidiabetic, antihyperlipidemic, antihypertensive, antiinflammatory and antiparasitic remedies. This book examines the role of antioxidant-rich natural products in management and treatment of diabetes and other chronic diseases.

The Miracle Tree Manuel C. Palada,2019-09-11 For thousands of years, moringa (*Moringa oleifera*) has been used as a food crop and as a medicinal plant. Almost all of moringa's plant parts have multiple uses, particularly the leaves and seed pods, which are highly nutritious. During the past several decades, more attention has focused on exploring and expanding the multiple uses and benefits of this miracle tree. Advances in research and development are rapidly progressing in the areas of botany and germplasm improvement, agronomy, nutrition, natural medicine, and its commercialization by the food and cosmetics industry. Recent developments are not only focusing on using moringa as a food crop, but also as an industrial commodity, with applications such as water clarification, livestock feed, and biofuel. This book presents much information collected from various sources including field research studies conducted by organizations involved in developing and promoting moringa as one of the most useful plants, articles written by individuals with experience and knowledge about moringa, as well as other books and publications cited in this present edition.

New Perspectives on Food Blanching Felipe Richter Reis,2016-12-26 This book provides information on the advances in blanching and its effect on food. The author presents the concepts involved in old and novel blanching processes, the typical effects of blanching and the studies on novel blanching technologies.

The Moringa Genome N. Manikanda Boopathi, M. Raveendran, Chittaranjan Kole, 2021-09-14 This book provides updated and all-inclusive data and evidences for Moringa botany, cytogenetical analysis, genetic resources and diversity, classical genetics, traditional breeding, tissue culture, genetic transformation, whole-genome sequencing, comparative genomics and elucidation on applications of functional genomics, nanotechnology, bioinformatics, processing and value addition besides providing perspectives of medicinal and therapeutic properties of Moringa. Moringa gained global attention in the recent past owing to its unique blend of affordable nutraceutical and pharmaceutical compounds in all parts of the plants. Scientific literatures supporting its health benefits besides the studies on its utility in various fields are scattered on several reports. This book is written by renowned global subject experts by compiling and narrating it in a sober style.

Toxicological Survey of African Medicinal Plants Victor Kuete, 2014-05-30 Toxicological Survey of African Medicinal Plants provides a detailed overview of toxicological studies relating to traditionally used medicinal plants in Africa, with special emphasis on the methodologies and tools used for data collection and interpretation. The book considers the physical parameters of these plants and their effect upon various areas of the body and human health, including chapters dedicated to genotoxicity, hepatotoxicity, nephrotoxicity, cardiotoxicity, neurotoxicity, and specific organs and systems. Following this discussion of the effects of medicinal plants is a critical review of the guidelines and methods in use for toxicological research as well as the state of toxicology studies in Africa. With up-to-date research provided by a team of experts, Toxicological Survey of African Medicinal Plants is an invaluable resource for researchers and students involved in pharmacology, toxicology, phytochemistry, medicine, pharmacognosy, and pharmaceutical biology. - Offers a critical review of the methods used in toxicological survey of medicinal plants - Provides up-to-date toxicological data on African medicinal plants and families - Serves as a resource tool for students and scientists in the various areas of toxicology

Encyclopedia of Food Security and Sustainability, 2018-11-08 The Encyclopedia of Food Security and Sustainability, Three Volume Set covers the hottest topics in the science of food sustainability, providing a synopsis of the path society is on to secure food for a growing population. It investigates the focal issue of sustainable food production in relation to the effects of global change on food resources, biodiversity and global food security. This collection of methodological approaches and knowledge derived from expert authors around the world offers the research community, food industry, scientists and students with the knowledge to relate to, and report on, the novel challenges of food production and sustainability. This comprehensive encyclopedia will act as a platform to show how an interdisciplinary approach and closer collaboration between the scientific and industrial communities is necessary to strengthen our existing capacity to generate and share research data. Offers readers a 'one-stop' resource on the topic of food security and sustainability Contains articles split into sections based on the various dimensions of Food Security and Food Sustainability Written by academics and practitioners from various fields and regions with a "farm to fork understanding Includes concise and accessible chapters, providing an

authoritative introduction for non-specialists and readers from undergraduate level upwards, as well as up-to-date foundational content for those familiar with the field

Bioactive Foods and Extracts Ronald Ross Watson, Victor R. Preedy, 2010-11-11 Though there is considerable historical and anecdotal record for the use and efficacy of the cancer preventative properties of vegetables, fruits, and herbs, modern healthcare professionals require scientific evidence and verifiable results to make defensible decisions on the benefits, risks, and value of botanicals and their extracts in the preven

Essential Nutritional Properties of African Plants Species Azila, J. J, Njong Clementine Endam, Akinyosoye F.A, Audu Haruna Sympa, Ijeomah Oluchukwu Christie, Martha Echioda-Ogbole, 2022-07-26 TOPICS IN THE BOOK Provenance Effect on the Nutrient Composition of Moringa Oleifera Leaves Micro-Minerals and Vitamin C Profile of African Nightshade Based Preparations Consumed in the North West Region of Cameroon Effects of Fermentation and Wrapping Materials on Nutritional and AntiNutritional Properties of Watermelon (Citrillus Lanatus) Seeds Analysis and Risk Assessment of Insulin-Potentiating Elements in Addua (Balanites Aegyptiaca) Leaf, Seed and Bark Bioavailability of Nutrients in a Fonio (Digitaria exilis) Ricebean (Vigna umbellata) Based Complementary Food Occurrence and Antimicrobial Susceptibility Profile of Escherichia coli Isolates from Vended Milk in University of Abuja Community, Federal Capital Territory, Nigeria

Phytochemical Methods Jeffrey B. Harborne, 2012-12-06 While there are many books available on methods of organic and biochemical analysis, the majority are either primarily concerned with the application of a particular technique (e.g. paper chromatography) or have been written for an audience of chemists or for biochemists working mainly with animal tissues. Thus, no simple guide to modern methods of plant analysis exists and the purpose of the present volume is to fill this gap. It is primarily intended for students in the plant sciences, who have a botanical or a general biological background. It should also be of value to students in biochemistry, pharmacognosy, food science and 'natural products' organic chemistry. Most books on chromatography, while admirably covering the needs of research workers, tend to overwhelm the student with long lists of solvent systems and spray reagents that can be applied to each class of organic constituent. The intention here is to simplify the situation by listing only a few specially recommended techniques that have wide currency in phytochemical laboratories. Sufficient details are provided to allow the student to use the techniques for themselves and most sections contain some introductory practical experiments which can be used in classwork.

African Indigenous Medical Knowledge and Human Health Charles Wambebe, 2018-01-29 Despite the relevance of and empirical evidence for African Traditional Medicine, based on African Indigenous Medical Knowledge (AIMK), research and development of new phytomedicines from this continent has been slow. African Indigenous Medical Knowledge and Human Health aims to provide a catalyst for health innovations based on the rich African biodiversity and AIMK. The book documents some of the success stories from the continent related to AIMK and serves as a one-step reference for all

professionals interested in the research and development of medical interventions - including pharmacognosists, ethnobiologists, botanists, phytochemists, pharmacologists and medical scientists.

Plant and Human Health, Volume 2 Munir Ozturk, Khalid Rehman Hakeem, 2019-01-22 Early anthropological evidence for plant use as medicine is 60,000 years old as reported from the Neanderthal grave in Iraq. The importance of plants as medicine is further supported by archeological evidence from Asia and the Middle East. Today, around 1.4 billion people in South Asia alone have no access to modern health care, and rely instead on traditional medicine to alleviate various symptoms. On a global basis, approximately 50 to 80 thousand plant species are used either natively or as pharmaceutical derivatives for life-threatening conditions that include diabetes, hypertension and cancers. As the demand for plant-based medicine rises, there is an unmet need to investigate the quality, safety and efficacy of these herbals by the “scientific methods”. Current research on drug discovery from medicinal plants involves a multifaceted approach combining botanical, phytochemical, analytical, and molecular techniques. For instance, high throughput robotic screens have been developed by industry; it is now possible to carry out 50,000 tests per day in the search for compounds which act on a key enzyme or a subset of receptors. This and other bioassays thus offer hope that one may eventually identify compounds for treating a variety of diseases or conditions. However, drug development from natural products is not without its problems. Frequent challenges encountered include the procurement of raw materials, the selection and implementation of appropriate high-throughput bioassays, and the scaling-up of preparative procedures. Research scientists should therefore arm themselves with the right tools and knowledge in order to harness the vast potentials of plant-based therapeutics. The main objective of Plant and Human Health is to serve as a comprehensive guide for this endeavor. Volume 1 highlights how humans from specific areas or cultures use indigenous plants. Despite technological developments, herbal drugs still occupy a preferential place in a majority of the population in the third world and have slowly taken roots as alternative medicine in the West. The integration of modern science with traditional uses of herbal drugs is important for our understanding of this ethnobotanical relationship. Volume 2 deals with the phytochemical and molecular characterization of herbal medicine. Specifically, It will focus on the secondary metabolic compounds which afford protection against diseases. Lastly, Volume 3 focuses on the physiological mechanisms by which the active ingredients of medicinal plants serve to improve human health. Together this three-volume collection intends to bridge the gap for herbalists, traditional and modern medical practitioners, and students and researchers in botany and horticulture.

Quality and Production of Forage Vincenzo Tufarelli, 2019-10-29 The book Quality and Production of Forage is intended to keep readers updated on the developments occurring in this field. As it is apparent that livestock animals are important throughout the world because of the meat, milk and egg they produce, knowledge about the forages available to animals must also be considered for increased production, quality and efficiency. This book provides information that readers

will find considerably invaluable about forage feeds, such as grass, legumes, and straw. The book is composed of ten papers, focusing on a wide range of research activities and topics that feature the following concepts of forage: the effect of conservation method on forage protein value; Microbial the composition and mycotoxin content in forage; genetic diversity of forages; timely sowing to maximize yield for both grain and biomass; ensiling treatments on forage quality; the qualitative characteristics of different accessions of new forage species; forage policy influencing feed costs; feeding forage on animal health; high-protein tropical forages as alternative sources for poultry; impact of forages in poultry diet and significance of forages in sustainable poultry production systems. This book will be an invaluable reference for students and professionals in agricultural science and grassland and animal husbandry researches.

Herbal Principles in Cosmetics Bruno Burlando, Luisella Verotta, Laura Cornara, Elisa Bottini-Massa, 2010-06-23 Interest in the molecular and mechanistic aspects of cosmetic research has grown exponentially during the past decade. *Herbal Principles in Cosmetics: Properties and Mechanisms of Action* critically examines the botanical, ethnopharmacological, phytochemical, and molecular aspects of botanical active ingredients used in cosmetics. Along with dermatology

Leafy Medicinal Herbs Dawn C P Ambrose, Annamalai Manickavasagan, Ravindra Naik, 2016-07-25 Medicinal herbs are rich in vitamins, minerals and antioxidants, and are able to synthesize secondary metabolites with disease preventive properties. It is due to these qualities that herbs have been used throughout history for flavouring and in food, medicine and perfumery preparations. They are also often considered to be safe alternatives to modern medicines because of their healing properties. Though interest in medicinal and aromatic crops is growing worldwide, there is still little focus on the area of leafy medicinal herbs. This book compiles the literature for 23 globally relevant leafy medicinal herbs. Beginning with a general overview and discussion of the importance of these plants, it then handles each herb by chapter. Chapters discuss the botany of the crop, including its history and origin, geographical distribution and morphology, before focusing on the chemical composition and phytochemical attributes. They then review postharvest technology aspects such as processing and value addition, before concluding with the general and pharmacological uses for each crop. A complete compilation of the subject, this book forms a vital resource for researchers, students, farmers and industrialists in the area of leafy medicinal herbs.

Edible Medicinal And Non-Medicinal Plants Lim T. K., 2012-02-01 This book continues as volume 2 of a multi-compendium on *Edible Medicinal and Non-Medicinal Plants*. It covers edible fruits/seeds used fresh or processed, as vegetables, spices, stimulants, pulses, edible oils and beverages. It encompasses species from the following families: Clusiaceae, Combretaceae, Cucurbitaceae, Dilleniaceae, Ebenaceae, Euphorbiaceae, Ericaceae and Fabaceae. This work will be of significant interest to scientists, researchers, medical practitioners, pharmacologists, ethnobotanists, horticulturists,

food nutritionists, agriculturists, botanists, herbalogists, conservationists, teachers, lecturers, students and the general public. Topics covered include: taxonomy (botanical name and synonyms); common English and vernacular names; origin and distribution; agro-ecological requirements; edible plant part and uses; botany; nutritive and medicinal/pharmacological properties, medicinal uses and current research findings; non-edible uses; and selected/cited references.

The Science and Technology of Chapatti and Other Indian Flatbreads Anamika Banerji, Laxmi

Ananthanarayan, Smita S. Lele, 2020-04-13 Flatbreads form the heart and soul of a traditional meal in several parts of India. Depending on geographical location, ingredients used and method of preparation there are many varieties of flatbreads. Popular Indian flatbreads include chapatti, paratha/parotta, naan, tandoori roti, kulcha, roomali roti, bhakri, thepla and puranpoli. Chapatti, the Indian counterpart of the western pan bread, is consumed widely as a staple to scoop up curries in Indian meals. Since the last few decades, researchers have turned their attention towards Indian flatbreads and have initiated studies on several aspects like nutrition, quality, staling and preservation. The changing dynamics of flatbread preparation and preservation have inspired many research studies. The Science and Technology of Chapatti and Other Indian Flatbreads collates available knowledge to date in a manner that is useful to students, researchers, food industry professionals, and food-based entrepreneurs alike. Key Features: Illustrated with multiple photographs of different types of Indian flatbreads, steps in preparation of chapatti, analytical instruments used, changes in dough/ chapatti appearance due to browning Includes multiple photographs of different flatbreads in varying stages, from creation to expiration Explores the changing dynamics of flatbread preparation and preservation Discusses the role of flour constituents and added ingredients on end product quality and the need to develop healthier variants With its nine chapters, the book takes the reader through a journey in which the gradual evolution of the preparation and consumption of chapatti and other Indian flatbreads has been explained, emphasizing the need for science and technology to support large scale production to keep up with the growing demand for ready-to-cook and ready-to-eat flatbreads. The book, written in simple but scientific language, covers different aspects ranging from introduction and preparation of flatbreads, the role of individual ingredients, particularly wheat variety and wheat composition, milling technique, dough rheology, quality characteristics of flatbreads and their measurement, to topics including staling and preservation of chapatti/flatbreads, nutritional and quality improvement, mechanization of flatbread production and scope for developing novel flour/ flatbread formulations. The authors, with their wide experience in flatbread science have attempted to capture the scientific and technological aspects of chapatti/flatbreads in depth, right from basic concepts to technological advances, supported by exhaustive compilation of scientific literature.

Foods That Heal H K Bakhrui, 1995-12 Several hundreds of years back Hippocrates, the father of medicine, said, 'Your food shall be your medicine'. This maxim holds true even today. There are several disorders that can be prevented and treated by selecting natural foods rich in minerals, vitamins, trace elements, vital nutrients and other substances that have

positive medicinal and curative values. This is a no-nonsense A-Z guide to the care and feeding of your body, going to the bottom of everything you need to know about diet, health and food. The listings in this clearly written book span general categories of illnesses, food groups, and each entry recommends helpful foods, followed by those that should be avoided. The format allows easy access to information, with entries offering straightforward advice, explanations, and answers. In short, the book is an invaluable guide for better understanding of health, food and natural remedies.

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