Mineral profile of underutilized plants viz. Bauhinia variegata (kachnar) and cordia dichotoma (lesora) with their two stages of maturity

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Minerals play an important role in the metabolic regulations of human body. Wild vegetables and fruits can be important and cheaper sources of minerals required for growth and development of body tissues. Bauhinia variegata (Kachnar) and Cordia dichotoma (Lesora) are two wild plant foods with unexploited nutritional potential. Both of them with their two maturity stages were analyzed for their mineral content. Results of the study revealed that both of them are rich in various macro and micro minerals. Immature stage i.e. buds of Bauhinia variegata and immature fruits of Cordia dichotoma was high in calcium, magnesium, sodium, iron and zinc than the mature stage. Flowers of Bauhinia variegata and mature fruits of Cordia dichotoma were rich in phosphorus. Mature fruits were also good in phosphorus, potassium and copper content. The study concluded that Bauhinia variegata (Kachnar) and Cordia dichotoma (Lesora) with their two maturity stages as such or in form of various value added products can be utilized as good sources of minerals. Thus, their consumption can lead to a healthy life free from deficiency disorders, cardiovascular diseases and cancer risks.

Biography
Madhvi Awasthi is PhD from CSK HPKV Palampur, Himachal Pradesh, presently working as Assistant Professor at Lovely Professional University, Punjab. She is a member of Nutrition society of India and Indian Association for Parenteral and Enteral Nutrition and has several published papers in reputed journals.

Mushrooms: A prominent source of nutraceuticals

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There is a common saying, ‘medicines and food have a common origin’. Mushrooms are a manifestation of this idea in constituting both nutritionally functional food and having Nutraceutical potential. On account of Nutraceutical Potential, their demands is continuously increasing in domestic and global market and have a notable place in traditional medicine throughout the world since time immemorial. They are health food and a valuable source of good quality protein, rich in carbohydrates, essential amino acid, fiber, important vitamins and minerals, have negligible starch and sugars, basically they are ‘diet of diabetic’. In the last two decades there has been an upsurge on the use of mushrooms as Nutraceuticals and many edible species (both wild and cultivated) have been thoroughly investigated and authenticated for medicinal use as Ganoderma lucidum (Reishi), Lentinus edodes (Shiitake), Grifola frondosa (Maitake), Agaricus blazei (Hime-matsutake), Pleurotus ostreatus (Oyster mushroom), Cordyceps militaris (Caterpillar fungus), Hericium erinaceus (Lions mane), Morchella sp. (Morels) etc. Various active constituents found in mushrooms are polysaccharides, dietary fibers, oligosaccharides, terpenoids, peptides and proteins, minerals, vitamins and amino acids. These bio-active constituents boost the immune system, have anti-cancerous properties, act as anti-hyper-cholesterolaemic and hepato-protective agents, show anti-HIV activity and anti-viral activity, ameliorate the toxic effect of chemo- and radiotherapy, and even aphrodisiacs, have anti-oxidant properties and anti-microbial potential. Many commercial products from these mushrooms are available in the market. Prominent among these are: Lentinan, Concord Sunchih, Reishi Plus, Grifon, Maitake Gold, Tremallastin and Didanosine. Mushroom nutraceuticals are likely to be of increasing interest throughout the world and offer both challenges and opportunities in the realm of healthful foods.

Biography
Monika Thakur has completed her Ph. D. from Himachal Pradesh University, Summer Hill, Shimla. She is double Gold Medalist (M.Sc. & M.Phil.). She has qualified in National Eligibility Test and State Level Eligibility Test and merit scholarship holder for University. She has the experience of three years of teaching and research. She has published more than 19 research/ review technical and popular articles in the Journals of National and International repute. She has published one Monograph and one compendium (Microbial database). She is presently working at Amity Institute of Food Technology, Amity University, Noida as Assistant Professor –II.