

## Amazing Health Benefits of Spices & Herbs

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SPICES add flavor and color to food and make the food palatable and hence add variety in diet. Cereals, pulses, vegetables, or meat can be cooked in variety of forms due to addition of different kinds of spices.

### General Function of Spices:-

Spices in general stimulate salivation, acid secretion, and digestive enzymes. Spices improve saliva secretion producing more ptyalin such that carbohydrate-rich carbohydrates can be quickly digested. Spices have effects which are anti-inflammatory, antibacterial and antioxidant. Spices help raise the rates of low blood glucose in the bloodstream and support diabetics, raising cholesterol levels and help avoid heart disease. Spices may enhance memory and brain function. Spices help fight infections and boost immunity. Spices are considered antimutagenous or anticarcinogenous. Here are 3 of the world's healthiest spices supported by research

### Ginger

This is the source of the Zingier officinale Roscoe plant. In gingerol and shogaol the volatile oil is present. Ginger is a common spice which is used in different types of herbal medicine. In preparations such as chutney, pickles, salad (mango salad), pulav, pongal, ginger is used as masala. This is also used on beverages such as water, lime juice, and butter milk. Ginger is known to possess antioxidant properties. It has been used to help digestion, reduces intestinal contractions, bloating, reduce nausea, neutralize digestive acids and inhibit the vomiting centre in the brain.

### Ginger may be helpful for relief menstrual pain or cramps.

Ginger is reduced inflammation and joints ,pains.The gingerol in ginger serves as a normal suppressant of coughing.Bioactive molecules in ginger can delay certain cancers such as ovaries, liver, skin, colon , breast, cancer of the prostate.One study in subjects at risk for colon cancer found that 2 grams of ginger extract per day decreased markers for colon inflammation.A daily use of ginger may helpful for bad or LDL cholesterol levels.Ginger's antibacterial power may also keep oral bacteria from growing.

### Garlic

Garlic produces the principal antibiotic "allicin"(inactive form) Where the enzyme allinase transforms to allicin(active form). Still, allicin breaks down to allyl disulphide, which is responsible for the taste characteristics. It is used in dishes such as pickle, chutney, sauces, non-vegetarian, etc..

### Medicinal Value:-

Garlic has antibacterial properties against gram positive and gram negative bacteria. Garlic Contains Antioxidants That May Help Prevent Alzheimer's Disease and Dementia. Garlic extract can reduce the cholesterol levels and avoid heart disease. Garlic is

small in calories and vitamin c-rich, vitamin B6, and manganese. Additionally, it includes small quantities of several other nutrients.Garlic tends to provide some advantages for bone health by rising the amounts of oestrogen in females.Several studies have indicated an association between daily consumption of garlic and prevention of stomach and colorectal cancers.

### Turmeric:-

It is the ground dried aromatic root.It contains 5% essential oil.The colouring substance present is known as curcumin.It's the spice that gives curry powder its yellow color,and often used for both color dying and for flavoring in Asian cooking. Eating turmeric has traditionally been a part of ancient Ayurvedic medicine,and in the modern science have shown that golden spice is good for health.

### Medicinal Value:-

Curcumin can suppress many molecules known to play major roles in inflammations. Curcumin has powerful antioxidant effects. It neutralizes free radicals on its own but also stimulates our body's own antioxidant enzymes.Curcumin boosts level of the brain hormone,which increases the growth new neurons and fight various degenerative processes in brain. It is also used to relieve sore throat,cough,cold and against flatulence. Turmeric also helps in increasing the mucin content of gastric juice and reduce irritation in stomach. A study in 60 people with depression showed that curcumin was an effective an prozac in alleviating symptoms of the condition. Turmeric also may reduces arthritis symptoms.

### Turmeric is Natural Detoxifier

### Herbs

The botanical term "HERB" refers to seed-producing plants with no woody stems that die down at the end of the growing season.Herbs are used in cooking to improve flavour.Many kinds of herbs are used in cookery. They also give health advantages.

### HEALTH BENEFITS OF HERBS:-

Consuming herbs may help to prevent and manage heart disease,cancer and diabetes. It may also help to reduce blood clots and provide anti- inflammatory and anti-tumour properties. Helps beat the bloat, conquer cramps, and fight all the other unmentionables associated with indigestion and irritable bowel. Herbs have powerful antioxidant and antibacterial properties, which can help fight disease and infection.

### Here are some of the world's healthiest herbs supported by research.

### Coriander leaves:- (coriandrum sativum)

Fresh coriander leaves are one of the most delicate of all herbs and most easy to grow,as well as easily available herbs in every

local area. It is used for garnishing on prepared food, flavouring sambar and rasam, minced as a base for sauces or chutneys. It is used in poultry, chicken and used ground in fresh for pork and sausages.

#### **Surprising Health Benefits of Coriander:**

Coriander is lined with antioxidants exhibiting immune strengthening, anti-cancer, anti-inflammatory and neuroprotective results. Coriander can protect the heart by lowering blood pressure and LDL (bad) cholesterol, thus increasing cholesterol in the HDL (good). Antioxidants may enhance memory in coriander, alleviate anxiety and encourage digestion and gut health. Coriander exhibits antimicrobial effects that may help fight food-borne illnesses. Coriander may lower blood sugar by activating certain enzymes. Prevents nausea, vomiting, and also reduce seasonal allergies. Regulate the menstrual cycle. Reduces anaemia, makes bones healthy. Coriander leaves are wonderful source of dietary fiber, rich in vitamin C, vitamin K, iron, manganese, magnesium, calcium, potassium, vitamin B1, B3, carotene and protein.

#### **BASIL:- (Ocimum Basilicum)**

Basil is often referred as king of the herb. Basil is a flavorful, leafy green herb that originated in Asia and Africa. Basil is basically a native plant of India. There are more than 150 types of basil distributed worldwide. Because of its scent, the basil leaves are primarily used as seasoning herbs for various cuisines. The Sour basil flavor is vivid and pungent. The tulsi seeds are also eaten by vegetarians. Greek basil has a heavy fragrance yet slight taste, Thai basil has anise-licocrine taste and is widely found in Thai and Southeast Asian dishes, Cinnamon basil has a cinnamon like color and smell, Lettuce basil licocrine like color.

Lime and lemon basil have strong limonene concentrations that offer them the fragrance of citrus. The basil commonly used in supplements and herbal tea is Holy basil - sometimes called TULSI - which is the *Ocimum tenuiflorum* species, also known as *Ocimum sanctum*, it has distinct flavor.

#### **Health Benefits:-**

Reduces memory loss associated with stress and aging. Relax blood vessels and reduce the blood pressure in people with hypertension. Prevent the certain cancers, including of breast, colon, and pancreas. Holy basil (TULSI) has been shown to boost immunity in a variety of ways, it can protect against infection, lower bad cholesterol, ease joint pain, protect stomach as well as has been shown the positive impact on liver health. Basil provides some macronutrients, such as calcium, and vitamin K as well as a range of antioxidants.

#### **3. :- (Mentha)**

Essentially it is an addictive cooking herb. These are spear-mint plant seeds. The leaves produce an essential oil (peppermint oil) used for tobacco, confectionery, tooth paste, perfumes and herbal formulations to be flavored. Menthol, methyl acetate, methyl isovalerate and methone are the primary constituents of peppermint oil. It is used fresh for beverages, salad dressing and for garnishing, also used in making tea, pulav, chutney and pani puri water. Mint is also used in vada and raitha. Dry powder is made by drying in shade and it dressing and for garnishing, also used in making tea, pulav, chutney and pani puri water. Mint is also used in vada and raitha. Dry powder is made by drying in shade and it is mixed with rice and consumed.