

Health Benefits Of Colocasia

Mohamed Fawzy Ramadan

Antioxidants in Vegetables and Nuts - Properties and Health Benefits Gulzar Ahmad Nayik, Amir Gull, 2020-12-01

This book covers the nutritional and nutraceutical profiles of a wide range of popularly consumed vegetables and nuts. The first half of the book focuses on popular vegetables, and describes how higher vegetable consumption reduces the risk of diseases ranging from diabetes to osteoporosis, diseases of the gastrointestinal tract, cardiovascular diseases, autoimmune diseases and cancer. The book also includes an interesting section on the antioxidant potential of mushrooms. In turn, the second half discusses the nutritional value of various nuts. Nuts are nutrient-dense foods with complex matrices rich in unsaturated fats, high-quality protein, fiber, minerals, tocopherols, phytosterols and phenolics. The respective chapters illustrate how the consumption of nuts could ward off chronic diseases like hypertension, cancer, inflammation, oxidative stress, high blood pressure, coronary heart disease etc. In order to effectively promote vegetable and nut consumption, it is necessary to know and understand the nutritional and nutraceutical profiles of vegetables & nuts. Given its scope, the book will be of interest to students, researchers, food scientists, olericulturists, dietitians and agricultural scientists alike. Those working in the vegetable and nut processing industries, horticultural departments and other agricultural departments will also find the comprehensive information relevant to their work.

Common Medicinal Plants of our surroundings Dr. Debabrata Das & Dr. Pampi Ghosh, 2024-05-27 Medicinal plants are those plants whose activity imposed on different ailments. The plants of Medicinal importance are used since time immemorial. People of the globe use medicinal plants for various purposes. Medicinal plants act on different diseases, even in a raw form used for various purposes. The poultice, juice or latex are used widely by a large number of people to cure pain, as anti-bleeding agent and coagulant during instant exposure may be the time of temporal treatment. The knowledge and extension activity on medicinal plants depend upon the geographical position and climatic condition also. Therefore, local knowledge on medicinal plants and their conservation is essential. In this book authors have made their articles based on the knowledge gathered from the surroundings. Hope that everybody would be benefitted from this treatise.

Phytochemicals in Agriculture and Food , 2024-06-12 Plants employ strategies to tackle the challenges in their ecosystems, notably by synthesizing secondary metabolites. These unique molecules aid plants in adapting to their surroundings and are key sources of active pharmaceutical ingredients. Recent discoveries have identified multiple

phytochemicals in different species, enhancing the medicinal and nutritional worth of fruits, seeds, and cereals. These compounds are celebrated for their functional and nutraceutical attributes. This book provides a comprehensive overview of phytochemicals in agriculture and food.

Advances in Food and Nutrition Research Fidel Toldra, 2021-07-24 Advances in Food and Nutrition Research, Volume 97 provides interesting chapters written by an international board of authors. The topics covered in this book include the problematics of bacteriophages in dairy plants and methods for their monitorization and control, the obtention of antioxidant and antimicrobial compounds from sustainable sources and their application in meat and seafood products, the challenges and opportunities for vibrational spectroscopy to measure composition, and functional properties of foods, the physiological activity of bioactive peptides obtained from meat and meat by-products, the use of plant and marine-based polysaccharides for nano-encapsulation and their applications in food industry, the effects of early life stress on eating behavior and metabolism considering different factors that control appetite, the nutritional aspects of seafood and its health benefits, the use of *Colocasia esculenta* (L.) Schott and *Xanthosoma sagittifolium* (L.) Schott powder as a valid option for the nutritional and technological improvement of food products, and much more. The series provides the latest advances on the identification and characterization of emerging bioactive compounds with putative health benefits, and other functional compounds of relevance in foods as well as up-to-date information on food science, including raw materials, production, processing, distribution and consumption. - Contains contributions that have been carefully selected based on their vast experience and expertise on the subject - Includes updated, in-depth and critical discussions of available information, giving the reader a unique opportunity to learn - Encompasses a broad view of the topics at hand

Bioactive Phytochemicals in By-products from Leaf, Stem, Root and Tuber Vegetables Mohamed Fawzy Ramadan, 2025-03-21 This book offers a comprehensive overview of bioactive phytochemicals within by-products from leaf, stem, root, and tuber vegetables, and it explores the valorisation of these vegetable cultivation and processing by-products, not only as a source of valuable bioenergy but also for health purposes. Divided into 16 chapters, the book begins with an introduction to the economic significance of biowaste generated from vegetable cultivation and processing, setting the stage for subsequent chapters that cover the phytochemical, nutritional, biochemical and physicochemical properties of vegetable processing wastes and their multifaceted applications. Readers will find valuable insights into the valorisation of process by-products from diverse vegetables like cabbage, spinach, watercress, asparagus, celery, kohlrabi, beetroot, carrot, celeriac, turnip, sweet potato, potato and taro. In each chapter, readers will find an economic perspective for each biowaste, the chemical analysis of the bioactive compounds, their biological and functional properties, and relevant food and non-food applications of extracts and bioactive compounds from vegetable by-products. This book, coupled with its companion volume, *Bioactive Phytochemicals in By-products from Bulb, Flower and Fruit Vegetables* serves as an indispensable tool for students,

scholars, and researchers seeking to expand their knowledge within this field in agricultural and nutritional sciences. It also extends its relevance to professionals within the food industry, offering the latest insights and findings from cutting-edge research.

Neglected Plant Foods Of South Asia Tariq Ismail, Saeed Akhtar, Claudia E. Lazarte, 2023-09-18 According to the global hunger index, South Asia has worldwide highest rate of undernourished people. Such a burden of food insecurity and various forms of malnutrition are directly associated with the existing food production system that ignores biodiversity, food affordability, and sustainability. During the last five decades, food production system has witnessed a global shift from ethnic to mainstream staple cereals production and promotion. Such an approach has badly affected the regional genetic pool of a diverse range of nourishing, economical, and sustainable edible plant species which are now referred to as neglected or underutilized food crops. *Neglected Plant Foods of South Asia* collects and preserves existing knowledge of underutilized, minor, wild, neglected and traditional food plants of South Asia, and their utilization for the production of value-added food products. Aiming at introducing plant - based food solutions to address the increasing burden of food insecurity among marginalized communities of South Asia, this manuscript covers a plethora of nutrient-dense plant species including fruits, vegetables, roots, tubers, cereals, pseudo-cereals, and pulses. In addition to having an overview of each plant's origin, cultivation practices and production statistics, researchers will find comprehensive information on nutritional composition, food manufacturing properties, value-addition and traditional uses of neglected plant foods. Recent updates on strategies to combat toxicological risks associated with the consumption of neglected food plants have also been included. With this volume, researchers will have complete information on neglected, underutilized traditional edible plants of South Asia, and their potential to increase food security under the emerging challenges of climate change.

Data Analytics and Artificial Intelligence for Earth Resource Management Deepak Kumar, Tavishi Tewary, Sulochana Shekhar, 2024-11-13 *Data Analytics and Artificial Intelligence for Earth Resource Management* offers a detailed look at the different ways data analytics and artificial intelligence can help organizations make better-informed decisions, improve operations, and minimize the negative impacts of resource extraction on the environment. The book explains several different ways data analytics and artificial intelligence can improve and support earth resource management. Predictive modeling can help organizations understand the impacts of different management decisions on earth resources, such as water availability, land use, and biodiversity. Resource monitoring tracks the state of earth resources in real-time, identifying issues and opportunities for improvement. Providing managers with real-time data and analytics allows them to make more informed choices. Optimizing resource management decisions help to identify the most efficient and effective ways to allocate resources. Predictive maintenance allows organizations to anticipate when equipment might fail and take action to prevent it, reducing downtime and maintenance costs. Remote sensing with image processing and analysis can be used to extract

information from satellite images and other remote sensing data, providing valuable information on land use, water resources, and other earth resources. - Provides a comprehensive understanding of data analytics and artificial intelligence (AI) for earth resource management - Includes real-world case studies and examples to demonstrate the practical applications of data analytics and AI in earth resource management - Presents clear illustrations, diagrams, and pictures that make the content more understandable and engaging

FUTURE SMART FOOD Food and Agriculture Organization of the United Nations, 2018-10-09 This publication demonstrates the benefits of neglected and underutilized species, including amaranth, sorghum and cowpea, and their potential contribution to achieving Zero Hunger in South and Southeast Asia.

Integrating Africa's forgotten foods for better nutrition Food and Agriculture Organization of the United Nations, 2024-03-15 Africa is home to a diversity of indigenous food crops that are locally adapted and less fastidious than exotic cultivars. Indigenous foods are foods of plant and animal origin that naturally exist in specific agro-ecological domains and are produced and consumed as part of traditional diets. Although indigenous foods have the potential to sustainably provide the much needed dietary nutrients to various communities across Africa, they have suffered progressive loss of cultural image, denigration, and utter neglect, being largely substituted with exotic foods. Consequently, they have earned the unenviable appellations of forgotten, neglected or orphan foods due to the fact that they have received relatively little or no policy and research attention – especially towards their genetic improvement and value chain development.

Bioactive Compounds in the Storage Organs of Plants Hosakatte Niranjana Murthy, Kee Yoeup Paek, So-Young Park, 2024-03-30 This book offers a comprehensive and authoritative review of bioactive substances found in plant underground stems, roots, rhizomes, corms, and tubers from all around the world. Tubers and starchy roots are plants that store edible starch content in underground stems, roots, rhizomes, corms, and tubers. They are a key source for both human and animal consumption and are rich in carbohydrates. They are widely used as industrial crops as well. Phytochemicals found in tubers and roots, such as phenolics, terpenoids, and alkaloids, have anti-inflammatory, anti-cancer, hypoglycemic, hypocholesterolemic, and antibacterial properties. Except for common potatoes, sweet potatoes, and cassava, the nutritional and health benefits of many tuberous crops have not yet been adequately investigated. This book sheds new insights into these topics by addressing several plant metabolites found in storage organs, which can be seen as scientifically neglected even though they have a high economic relevance as food and pharmaceutical sources. Divided into 6 parts, this book discusses how bioactive chemicals found in plant storage organs are synthesized and how their bioactive principles are specifically expressed in underground stems, roots, rhizomes, corms, and tubers. Additionally, each chapter includes background information on the plant, its parts, its nutritional makeup, chemical components, and biological functions. Given its breadth, the book appeals to a wide readership, from scholars through graduate and post-graduate students to

professionals in the industry.

Herbal Medicine Phytochemistry Sylvester Chibueze Izah, Matthew Chidozie Ogwu, Muhammad Akram, 2024-07-09 This book offers a comprehensive perspective of herbal medicine phytochemistry and explores the application of plant extracts as bioactive compounds in disease prevention and treatment in modern or traditional medicine. The book starts with an introduction to the history and value of herbal medicine, followed by 3 parts covering the main phytochemical components and metabolites in herbal medicine, different uses and practices in herbal medicine, including a region-wise analysis of methods and practices and an overview of regulations and policies for herbal medicinal practitioners, and the advances and challenges in quality assessment of herbal medicine. Plants generally have the tendency to bioaccumulate trace metals from the environment and they are easily contaminated by microorganisms from water sources and poor hygiene practices of the herbalist. Quality assessment and assurance is, thus, a pertinent challenge in herbal medicine practice (i.e., in remedy formulation and application), and this book offers an authoritative perspective on this topic, covering aspects such as quality control strategies, preparation techniques, chemical quantification in phytomedicine, and the efficacy and safety of herbal remedies. Moreover, in this book, readers will find valuable insights into the latest trends and developments in the field, and a critical review of the application of medicinal plants to treat cardiovascular, digestive, respiratory neurological and reproductive diseases. Particular attention is given to the advances and trends in the field, and readers will learn about the latest biotechnological approaches, the use of nanotechnology in herbal medicine, metabolomic analysis of medicinal plants, big data application in herbal medicine, and the value of herbal medicine towards sustainability. Given its breadth, this book is aimed at researchers, academics, practitioners and professionals working in the fields of natural, life, health, clinical, and biomedical sciences, and interested in herbal remedies, pharmacology, pharmacognosy, human nutrition and dietetics, plant biology, and biotechnology/microbiology.

Compendium of forgotten foods in Africa Food and Agriculture Organization of the United Nations, 2024-03-21 The World Wide Fund for Nature defines a food system as “the complete set of people, institutions, activities, processes, and infrastructure involved in producing and consuming food for a given population.” (WWF, 2017). The food system has a bearing on human capital development, provision of jobs, industrial growth, structural transformation and ecosystem services. As in many other parts of the world, the landscape of African food systems is fraught with fragility and fails to deliver on these key developmental outcomes. Transforming food systems in Africa is an imperative for the realization of the UN’s Sustainable Development Goals, which now has a delivery timeline of less than a decade. A sustainability framework must underguard any attempts at food systems transformations. For example, Africa must provide food and nutrition security to its rapidly expanding population in perpetuity without engendering adverse environmental, social and economic externalities. The massive endowment of the continent with extensive arable land and diverse agro-ecosystems teeming with

rich flora makes sustainable food systems a realizable dream. Indeed, Indigenous communities across Africa have used a number of locally adapted crops for millennia mainly for nutrition, medicinal and ornamental purposes. Unfortunately, many of these crops, have been progressively substituted with imported genotypes favoured by industrial agriculture. Pervasive monoculture of the exotic crops and increasingly standardized diets have contributed in part to utter denigration of the indigenous crops, earning them the appellation of forgotten crops.”

Tıp ve Sağlık Bilimlerinde Yenilikçi Yaklaşımlar I Şebnem ÇALIK,2025-03-23

Bioactive Peptides John Oloche Onuh,M. Selvamuthukumaran,Yashwant V Pathak,2021-06-14 Bioactive peptides have been receiving attention recently due to their applications as health-promoting agents. Derived from food proteins and other natural sources, they exhibit various beneficial effects such as preventing diseases or modulating physiological systems once absorbed. As the market for nutraceuticals and functional foods continues to expand, consumer interest has also grown and there are many common foods that have shown an abundance of bioactive peptides, including dairy products, cereal, legumes, meat, and numerous other sources. In this newest addition to the series Nutraceuticals: Basic Research and Clinical Applications, Bioactive Peptides: Production, Bioavailability, Health Potential, and Regulatory Issues provides a comprehensive review of the current state of knowledge in the field of food protein hydrolysates and bioactive peptides, their food sources, bioavailability, production, applications, functionalities, health potentials, and regulatory issues governing their use. Features Discusses different methodologies employed for scaling up bioactive peptides commercially Provides information on optimizing the production process Explains various bioactive properties exerted by different types of bioactive peptides Explores the application of metabolomics to the study of bioactive peptides With over 20 chapters written by established subject matter experts in their field, this book provides timely information and discusses the latest developments of bioactive peptides. It will be useful for researchers, academics, and industry experts, and can serve as an excellent resource for anyone interested in enhancing their knowledge in the field of bioactive peptides.

Phytochemicals in Vegetables and their Therapeutic Properties C.K Narayana,2021-11-29 This book contains information on plant-based nutrients and phytochemicals in vegetable crops that are commonly consumed. The information generated by researchers using modern methods of biochemical analysis and results, mostly validated using cell line cultures or animal models, and to a limited extent on human volunteers have been presented. The vegetable crops have been grouped based on the family they belong to, because most often members of the same family have similar biomolecules as active ingredients and have similar effects on health. The book will help students/researchers/scientists and common man alike to look at the vegetables as protective foods, not just because it is said so, but with a scientific explanation. Note: T&F does not sell or distribute the hardback in India, Pakistan, Nepal, Bhutan, Bangladesh and Sri Lanka. This title is co-published with NIPA.

Medicinal Spices and Vegetables from Africa Victor Kuete,2017-01-14 Medicinal Spices and Vegetables from Africa:

Therapeutic Potential against Metabolic, Inflammatory, Infectious and Systemic Diseases provides a detailed look at medicinal spices and vegetables that have proven safe-and-effective for consumption and the treatment of diseases, including infectious diseases, cardiovascular disease, and cancer. It provides pharmacological evidence, such as the latest information related to efficacy and safety data, in vitro and in vivo studies, clinical trials, and more, to illustrate the use of these spices and vegetables as both palliative and alternative treatments with the goal of furthering research in this area to produce safer and more effective drugs. - Provides scientific evidence for the potential of medicinal spices and vegetables used in Africa to fight metabolic, inflammatory, and infectious diseases - Includes a review of the latest methods used to investigate the effects of medicinal plants in the treatment of disease - Offers an updated resource for students and scientists in the fields of pharmaceutical science, pharmacognosy, complementary and alternative medicine, ethnopharmacology, phytochemistry, biochemistry, and more

Medicinal Plants Halina Maria Ekiert, Kishan Gopal Ramawat, Jaya Arora, 2021-09-01 Medicinal plant research is an evergreen subject. There is a tremendous increase in popularity of herbal medicine in traditional medicine, ethnomedicine, modern medicine and as over the counter food supplements. Even after this increased demand, supply is neither uniform nor assured as most of these plants are collected from wild. In developing countries of tropical and subtropical regions where majority of herbal drugs are produced, this is not organised sector making it vulnerable to several malpractices, hence standardization of all aspects required. This has also negative impact on biodiversity and conservation of plants as well as supply of uniform material. This book is aimed to provide up to date information about sustainable use of selected medicinal plants, their active ingredients and efforts made to domesticate them to ensure uniform supply. Development of agrotechnology, biotechnology and cultivation practices using conventional and non-conventional methods are presented. Where these efforts will lead the medicinal plant research and future perspective are discussed. The chapters are written by well recognised group leaders in working in the field. The book contains topics on general biology of medicinal plants, their sustainable use and, cultivation and domestication efforts. A uniform chapter structure has been designed to keep consistency. The book will be useful for academicians, agriculturists, biotechnologists and researcher, and industries involved in manufacturing herbal drugs and supplementary products.

Sustainable Horticulture, Volume 2: Debashis Mandal, Amritesh C. Shukla, Mohammed Wasim Siddiqui, 2018-07-17 Sustainable Horticulture, Volume 2: Food, Health, and Nutrition addresses some of the most important topics facing horticulture around the world today. This volume, part of the two-volume compendium, focuses on research trends in sustainable horticulture that include postharvest management and processed food production from horticulture crops, crop protection and plant health management, and horticulture for human health and nutrition. Global food demand is expected to be double by 2050, while at the same time the production environment and natural resources are continually shrinking and

deteriorating due to many complex factors. Horticulture, a major sector of agriculture, is vital to enhancing crop production and productivity in parity with agricultural crops to meet the emerging food demand. Implementing sustainable models of crop production is really an enormous endeavor. Promising technologies and management options are needed to increase productivity to meet the growing food demand despite deteriorating production environments.

The Resilience of Traditional Knowledge Systems for a Sustainable Future Anwesha Borthakur, Pardeep Singh, 2024-11-29

This book is an effort to draw attention to the resilience of traditional knowledge systems for a sustainable future in the Himalayas with a particular focus on agriculture and food practices. Through examples from the region, it underscores the importance of these practices in navigating contemporary global environmental challenges. The Himalayan region, known for its socio-cultural diversity and unique agricultural ecology, emerges as a major hotspot of climate change. Therefore, acknowledging and recognizing the lived experiences of the locals along with their traditional knowledge associated with agriculture and food systems becomes imperative for devising adaptation and mitigation strategies amidst the unfolding environmental and climate crisis. Drawing upon insights from local communities and experts deeply rooted in the Himalayan context, this book not only documents traditional agricultural and food systems but also sheds light on the pressing anthropogenic challenges threatening their sustainability. We believe that research and documentation of traditional knowledge practices of the local and indigenous communities are essential for tackling the current and projected global environmental challenges. This book advocates for a holistic approach to addressing both current and future global environmental challenges. It serves as a timely call to action for researchers, policymakers, and practitioners alike.

Microbial Biotechnology in Crop Protection Manoj Kaushal, Ram Prasad, 2021-05-29 This edited volume is a comprehensive account of plant diseases and insect pests, plant protection and management for various crops using microbial and biotechnological approaches. The book elucidates the role of biotechnology for the enhancement of crop productivity and management of bacterial and fungal diseases via eco-friendly methods. It discusses crop-pest/pathogen interaction and utilizing this interaction in a beneficial and sustainable way. This book is of interest to teachers, researchers, plant scientists and plant pathologists. Also the book serves as additional reading material for undergraduate and graduate students of agriculture, forestry, ecology, soil science, and environmental sciences.

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