

The World of Spices

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Spices are Defined as...

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A seed, fruit, root, bark, or other plant substance primarily used for flavouring, colouring or preserving food.

Spices are distinguished from herbs, which are the leaves, flowers, or stems of plants used for flavouring or as a garnish.





History of Spices-

- Used for over 5000 years.
- Cinnamon, pepper, nutmeg, cloves, cumin, ginger etc. used since ancient times
- Most demanded & expensive products available in Europe in the Middle Ages.
- Ramayana mentions cloves.
- India is the largest producer of spices



Role of Indian Spices

• Used as flavoring agents

• Possess antibacterial & antioxidant properties

• Used as preservatives

• Also used as colorants

• Many contain medicinal properties



Medicinal properties

- Spices have been getting recognition for their health benefits
- The medicinal properties are due to the bioactive compounds present in them.
- Many spices have antioxidants, anticarcinogenic, anti-inflammatory & Heart healthy effects.



Health Benefits

• Protects from acute and chronic diseases.

• Ample evidence that spices and herbs possess.

- > Antioxidant
- Anti-inflammatory
- > Anti- tumorigenic
- > Anti-carcinogenic
- Glucose- and cholesterol-lowering activities
- Properties that affect cognition and mood



Recent Review (2019) by Jiang TA.

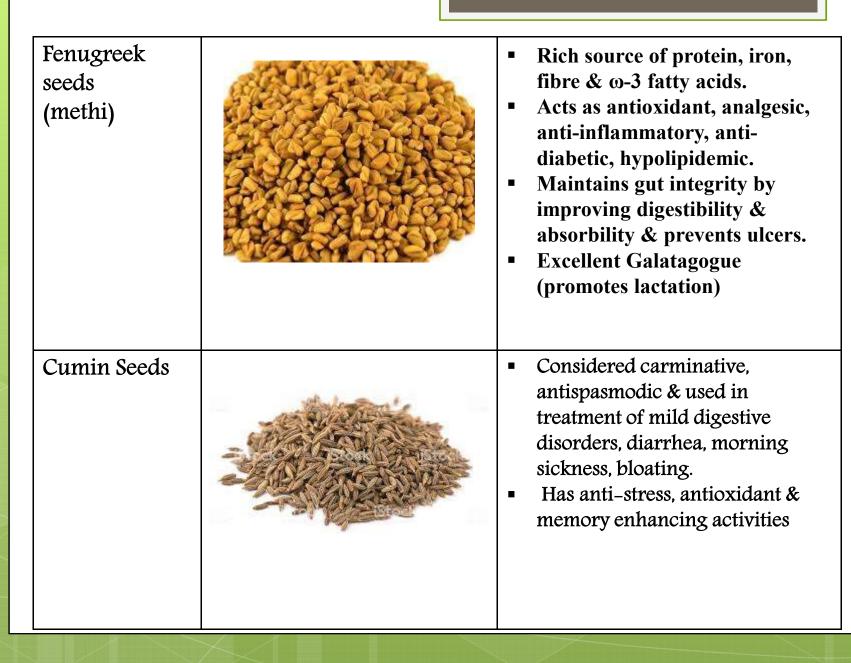
• Research over the past decade has reported on the diverse range of health properties that Spices possess via their bioactive constituents, including sulfur-containing compounds, tannins, alkaloids, phenolic diterpenes, and vitamins, especially flavonoids and polyphenols.



Health enefits of Some commonly used Spices

Spice	Appearance	Benefits
Turmeric		 Helps prevent Alzheimer's disease & joint inflammation. Helps relieve gas, dispel worms, improve digestion, regulate menstruation, dissolve gallstones, relieve arthritis <u>Curcumin</u>- anti-inflammatory, antioxidant, antioxidant, antioxidant, anti-carcinogenic, antibacterial, antidiabetic, hypocholesterolemic
Ginger		 Relieves common colds. Has quick relieving effects on heartburn, nausea, upset stomach, diarrohea, motion and morning sickness. Beneficial anti-inflammatory, due to its high levels of Gingerol, making it a great natural remedy for arthritis.

Cloves	 Antiseptic and antibiotic properties of clove oil (Eugenol) are used in medicines especially in dentistry, oral and pharyngeal treatments. Has anti-inflammatory, antibacterial, antifungal, antiparasitic effects. Also reported to help diabetics in sugar assimilations. Clove extract has also shown significant decrease in serum cholesterol levels.
Garlic	 Antibacterial property helps in boosting immunity. The sulphur compound allicin-antibiotic, antioxidant, anti-tumor, antidiabetic, antitoxic effects Claimed to prevent heart disease (atherosclerosis, high cholesterol, high BP. Allicin has shown significant hypoglycaemic activity.



Asafoetida (Hing)	 Traditionally used to treat asthma, flatulence, abdominal pains, constipation, GI infections. Oleo-gum-resin in it has antifungal, anti-diabetic, anti-inflammatory, antiviral activities. Helps in relieving toothache, migraines, & tension headaches. Also associated in treatment of hysteria, mood swings & depression.
Ajwain	 Believed to cure digestive issues- colic, diarrhoea, dysentery & indigestion, Also known for curing blocked nose, common cold & rheumatic pain. Extracts of ajwain shows significant antitussive effect. Has great detoxification effect.

How can Spices aid in a Better Tomorrow?

- Used traditionally in Indian families & also in western regions.
- Treats & Prevents various health issues.
- Modern diets fancy salads & light meals space for functional foods
- Helps in building strong immunity & keeping away from many chronic diseases.



