

4. Fresh juice of rhizome is anthelmintic and used for cleaning foul uncers.
5. Rhizome paste along with lime is applied on sprains, bruises, wound, etc.
6. Decoction is an effective eye wash in ophthalmia.
7. Paste of rhizome acts as good antiseptic in many skin diseases.

Tejpat (Indian bay leaf)



Fig. 3.12 : Indian bay leaf plant

Botanical Name—*Cinnamomum tamala* Nees. & Eberm.

Family—Lauraceae

Local names—Tejpat (Assamese), Tejpatta (Hindi).

Parts used—Leaf.

Uses :

1. The leaves, commonly known as tejpat, are highly scented, they are much used as a spice for flavouring food and cordials.
2. The bark is the Cassia-Bark of commerce; the fragrant oil extracted from the bark is used in manufacture of soap.
3. The essential oil obtained from the leaves is rich in eugenol. It (eugenol) is widely used in pharmaceutical formulations, in perfumes for soaps and cosmetics and as a flavouring agent in all kinds of foods, meats, sausages and sauces.
4. Eugenol is used in the manufacture of vinegar.
5. The bark and the leaves are used for tanning skins. They are also useful in dyeing and calico printing.

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form soap. They are insoluble in water but soluble in various organic solvents. Like essential oils they do not have strong odour or any essence.

Fatty oils are stored up in seeds of the plants belonging to the various families like Arecaceae, Asteraceae, Brassicaceae, Euphorbiaceae, Fabaceae, etc. Sometimes, to a less extent they are stored in fruits, stems and other plant parts. Several fatty oils are edible and used as cooking media. The edible oils contain both solid and liquid media. Some of the common fatty or vegetable oils are groundnut oil, coconut oil, sunflower oil, castor oil, soyabean oil, etc.

✓Mustard



Fig. 3.14 : Mustard plant bearing flowers and fruits (Siliqua)

Botanical Names -

Rape seed-*Brassica campestris* var. *toria*

White mustard-*Brassica hirta*

Black mustard-*Brassica juncea*

Banarasi rai-*Brassica nigra*

Pahaadi rai-*Brassica juncea* var. *rugosa*

Curled mustard or Mustard green-*Brassica juncea* var. *crispifolia*.

Family-Brassicaceae

Local names-Sorih (Assamese), Sarson (Hindi).

Parts used-Seed (fruit Siliqua)

Uses :

1. Leaves of young plants of mustard and rape are used as green vegetable.

2. In India, mustard and rapeseed oils are used as cooking medium and for making pickles.
- ✓ 3. Seeds are used as condiment in preparation of vegetables, curries, sausages and salad dressings, etc.
4. 'Panitenga' and 'Kharoli' is prepared from mustard seed.
- ✓ 5. Plants are used as green fodder for cattle.
- ✓ 6. Mustard oil along with rock salt is used as remedy for the diseases of gums.
- ✓ 7. Mustard oil is used in several ayurvedic medicines, particularly as liniment for massage in paralytic diseases of nervous system and joint pains.
- ✓ 8. Oil is also used for making soaps, for burning and as lubricant.
9. Oil cake is proteinaceous and used as cattle feed and manure.

✓ Groundnut/Peanut



Fig. 3.15 : Underground twigs bearing ground-nut

Botanical Name—*Arachis hypogea* Linn.

Family—Fabaceae

Local names—Badam (Assamese), Mungphali (Hindi).

Parts used—Seed (fruit Pod).

Uses :

1. The peanut is grown mainly for its oil. The groundnut oil is obtained from the seeds either by expression or by solvent extraction process. It is a non-drying vegetable oil used mainly for cooking. Edibles fried in peanut oil have pleasant flavour and keep well for long time.
2. Besides cooking, peanut oil is used for several other purposes. It is used in making soap, shaving creams, cold cream, etc.

3. 'Peanut oil' is used in manufacture of vegetable ghee or Vanaspati.
4. 'Peanut butter' is prepared from peanut. It is prepared by grinding roasted and blanched kernels to which 1-4% salt is added.
5. 'Groundnut milk' is prepared from the kernels after shelling fresh pods and soaking them in water for one to two hours. Seed coat is removed and seeds are ground to a fine pulp. Water is added to the pulp and whole thing is stored for 10 minutes and strained through a fine cloth. The residue is again treated with water, pulverized and filtered to get as much milk as possible.
6. 'Groundnut curd' is prepared by adding small quantity of milk curd to boiled groundnut milk and keeping it overnight for fermentation.
7. Peanut oil is also used in leather dressings, furniture cream, candies, glycerine, etc.
8. Oil can also be used as lubricant as well as an illuminant.
9. British Pharmacopocia recognizes groundnut oil as a substitute of Olive oil in the preparation of liniments, ointments, soaps, plaster, etc.
10. The groundnut oil emulsified with insecticides has been used successfully for the control of many insect pests of plants.
11. Oil cake obtained as residue after expression of oil from groundnut seeds is called poonac, which is good cattle feed and can be applied as manure for paddy, sugarcane, vegetables, banana, etc.
12. Groundnut shell is used in the manufacture of activated carbon, acetic acid, alcohol, acetone, etc.
13. Fine powder of peanut shell is used for polishing tin plates, for cleaning carbon from aircraft engines, etc.
14. Green plants after harvesting pods are used as cattle feed.

Coconut



Fig. 3.16 : Coconut tree crown and its plant parts

7. Coir-Coconut fibre is coir which is obtained from the fibrous mesocarp. Coir fibres are short, coarse, rough, elastic, water resistant and light in weight. These are used for making door mats, mattings or floor coverings, ropes, twines, cushions, brushes, brooms, coir yarn, hardboards and as packaging and stuffing material.

Castor



Fig. 3.17 : Castor plants

Botanical name-*Ricinus communis* Linn.

Family-Euphorbiaceae

Local names-Ara (Assamese), Arand/Erendi (Hindi).

Parts used-Seed (fruit).

Uses -

1. The oily seeds contain an alkaloid called 'ricinine'. The oil obtained from seeds is an effective purgative, generally given in constipation and gas troubles.
2. Castor oil is locally applied in conjunctivitis.
3. Castor oil is widely used for making transparent shop, type-writer inks, synthetic nylon, etc.
4. The oil has been used for the treatment of fungal skin diseases.
5. Leaves coated with warm mustard oil are applied on swollen parts of body to relieve pain and inflammation.
6. Castor cake is used chiefly as a fertilizer.

Citronella



Fig. 3.20 : Citronella plant

Botanical name—*Cymbopogon winterianus* Jowitt.

Family—Poaceae

Local names—Gandhbiringa (Assamese), Gandheghas (Hindi).

Uses :

A perennial grass cultivated to extract essential oil from its leaves. The oil is used in perfumery, shoe polishes, cosmetics, soap manufacturing, as mosquitoes repellent, insecticides and as disinfectant.

Eagle wood tree

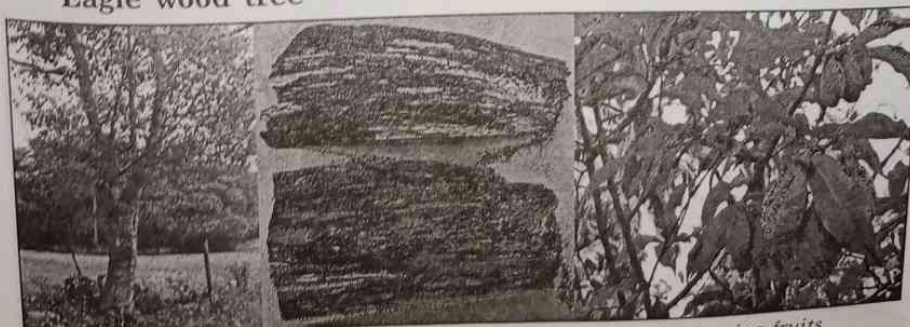


Fig. 3.21 : Eagle wood tree, diseased eagle wood, and twigs bearing fruits

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Chapter

Beverages, Spices & Condiments and Oil Yielding Plants (vegetable & aromatic) - their sources, parts used (products) and uses

Beverages : Beverages are light stimulating in nature and man feels some pleasure by taking them. Some substances obtained from plants like cocaine/opium from *Papaver somniferum* (Papaveraceae), cannabis from *Cannabis sativus* (Lamiaceae), etc are highly stimulant, whereas tea, coffee, cocoa, etc are mild stimulant.

Beverages may be classified into two groups - alcoholic and non-alcoholic beverages. Alcoholic beverages are depressants, lowering the activity of the brain. This group has some high percentages of alcohol, and includes wines and beers. Non-alcoholic beverages usually contain alkaloids and are used all over the world for their stimulating and refreshing qualities. These groups include tea, coffee and cocoa.

The refreshing and stimulating properties of non-alcoholic beverages are due to the presence caffeine or other related alkaloids. Caffeine, when taken in small quantities, imparts wakefulness and mental animation. It stimulates increased production of digestive juices and has a marked diuretic action. Tea, coffee and cocoa are the three major non-alcoholic beverages.

Tea

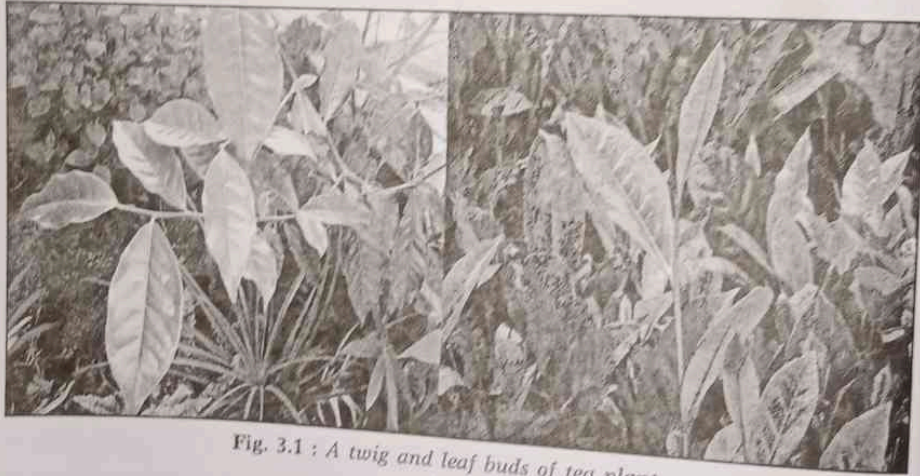


Fig. 3.1 : A twig and leaf buds of tea plant