



Sadakathullah Appa College (Autonomous)

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(Reaccredited by NAAC at an 'A' Grade with a CGPA of 3.40 in the III Cycle An ISO 9001:2008 Certified Institution)

Rahmath Nagar, Tirunelveli - 627011, Tamil Nadu, India.

NATIONAL SEMINAR ON

Bringing you
NUTRIVISION
HEALTHY EATING FOR LONGEVITY

CERTIFICATE

This is to certify that *Dr./Mr/Ms./Mrs...T...SHERIN...MARY,....HEAD...AND...ASSISTANT...PROFESSOR*
of...Department...of...Nutrition...and...Dietetics,....Muslim...Arts...college,....Thiruvithancode
has participated in the National Seminar on Nutrivision - Healthy Eating for Longevity on 18th September 2018
as a delegate / resource person / published a paper / presented a paper / poster entitled on...Health.....Benefits.....
....of.....Phyllanthus.....Acidus.....
organized by the Department of Nutrition and Dietetics, Sadakathullah Appa College, Tirunelveli, Tamil Nadu.

Mrs.R.SWARNALAKSHMI
Convenor



Dr.M.MOHAMED SATHIK
Principal



12/11/18
National Seminar On

BRINGING YOU - NUTRI VISION HEALTHY EATING FOR LONGEVITY

18th September 2018

Organized by
Department of Nutrition and Dietetics

Editors

Mrs. R. Swarnalakshmi

Ms. V. Angel Mary

Ms. S. Aariba

Mr. S. M. Prasad

Mrs. M. Vadiyel Devi



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BRINGING YOU - NUTRI VISION HEALTHY EATING FOR LONGEVITY

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HEALTH BENEFITS OF PHYLLANTHUS ACIDUS

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Abstract

Phyllanthus acidus is the greatest boon to the humanity and one of the effective traditional herbal medicines, which had been used to treat and manage diseases since the ancient times. Hardly any people are unaware about its importance and significance as it is associated with multiple health and medicinal benefits. Star gooseberry is the reservoir of minerals, vitamins and other bio-chemical substances. Star gooseberry is one of the richest natural sources of vitamin C, its fresh juice containing nearly twenty times as much vitamin C as orange juice. A single tiny Star gooseberry is equivalent in vitamin C content to two oranges. Vitamin C is an excellent anti-oxidant and as Star gooseberry is so rich in Vitamin C, it has strong anti-oxidant properties and helps combat free radicals. Free radicals are unstable ions in the body, responsible for ageing and cell degeneration. Star gooseberry stabilizes these free radicals and is believed to be the most powerful rejuvenating agent known to man.

Keywords: Star gooseberry, *Phyllanthus acidus*, degeneration

Introduction

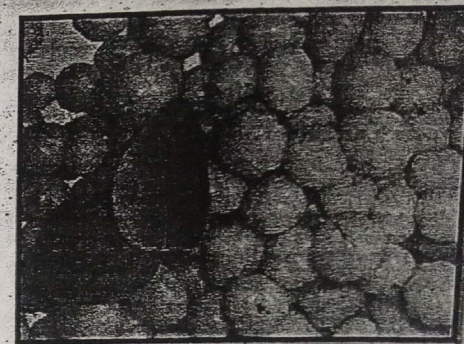
Phyllanthus acidus (Star gooseberry) is known by different names in different regions of the world. The word "Star gooseberry" is derived from the Sanskrit word "Star gooseberryki", which means "the sustainer" or prosperity. Star gooseberry is widely used in the Indian system of medicine and believed to increase defense against diseases. A wide range of phytochemical components present in Star gooseberry including alkaloids, tannins, and flavonoids have been shown to procure useful biological activities. It is an ingredient of many Ayurvedic medicines and tonics as it removes excessive salivation and internal body heat. Star gooseberry is useful in ulcer prevention, for diabetic patients, and for memory effects, useful in scurvy, prevents indigestion, and controls acidity as well as it is a natural source of anti-aging.

Traditional Medicine

In traditional Indian medicine, dried and fresh fruits of the plant are used. All parts of the plant are used in various Ayurvedic/Unani medicine herbal preparations.

Nutritional Composition of Star Gooseberry Per 100g

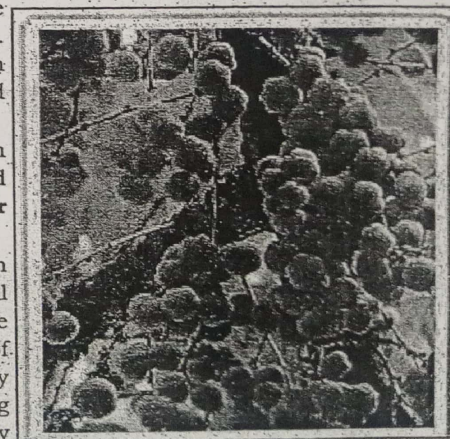
Nutrients	Value per 100g
Total calories	48 g
Total fat	0.5 g
Protein	1 g
Total carbohydrate	10 g
Water	86 g
Dietary fibre	5 g
Omega-3 fatty acids	48 mg
Omega-6 fatty acids	276 mg
Vitamin A, IU	290 IU
Vitamin C	478 mg
Niacin	0.3 mg
Vitamin B ₆	0.1 mg
Folate	6 mcg
Pantothenic acid	0.3 mg



(Dr. JagdevSingh, Nutrition Facts and Analysis)

Benefits of Star Gooseberry

- Star gooseberry is beneficial in the treatment of respiratory disorders. It is especially valuable in tuberculosis of lungs, asthma and bronchitis.
- Star gooseberry is rich in Vitamin C and helps control blood pressure and scurvy. (Kumar KP, et al., 2012)
- Star gooseberry is rich in Vitamin C or ascorbic acid, an essential ingredient that helps in the absorption of Iron. Supplements of Star gooseberry can be very beneficial to patients suffering from Iron deficiency Anemia. (Kumar KP, et al., 2012)



- Star gooseberry is the most concentrated form of Vitamin C found in the plant kingdom, and when the whole fruit is used rather than an active ingredient, the Vitamin C is easily assimilated by the human body. (Nisha P, et al., 1991)
- The regular use of Star gooseberry can strengthen digestion, absorption, and assimilation of food. However, it works more slowly and gently than ginger or other digestion-enhancing herbs, so it can be taken by people with a lot of Pitta without fear of creating excess stomach acid. In addition, it improves assimilation of iron for healthy blood. (Singh E, et al 2011)
- Star gooseberry-Berry is good for the brain. It helps sharpen the intellect and mental functioning. It supports the nervous system and strengthens the senses. (Reddy VD, Padmavathi P, Kavitha G, Gopi S), (Vasudevan M, Parle M.)
- Star gooseberry-Berry is especially supportive to the urinary system and can be helpful if you experience a mild burning sensation while urinating.
- It is used medicinally for the treatment of diarrhea. As a fruit decoction, it is mixed with sour milk and given by the natives in cases of dysentery. (Singh E, et al, 2011)

Conclusion

Star gooseberry is an ancient fruit. Though the country has many star gooseberry trees, the fruit is non commercial and therefore not often sold in market. In traditional Indian medicine, dried and fresh fruits are used. Star gooseberry acts as a diuretic agent, thereby enhancing food absorption, balancing stomach acids, fortifying the liver, and nourishing the brain and mental functioning. It also strengthens the lungs, enhances fertility, helps the urinary system, improves skin quality, and promotes healthier hair. This fruit acts as a body coolant, flushes out toxins, increases vitality, aids in vision care, and improves muscle tone. In other words, consume Star gooseberry as a fresh fruit, juice, or in a dried powder form to see a big improvement in the health. Star gooseberry is non popularized fruit but contain multiple health benefits. So it is concluded that the endangered species should be protected.

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