

# Traditional Herbal Formulations of Nutraceuticals for Women's Health

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## ABSTRACT

Food components that offer medical or health advantages which is used in the treatment, as well as prevention of many diseases, are called nutraceuticals. There are some advantages of formulating food components into suitable dosage forms as they can be used to cure chronic diseases, improve the immunity of the body, and age prevention. Diet-related health issues indicate the necessity to extend the utilization of vegetables and fruits to restore normal health; however, this is often not thus possible in our daily life. Hence dietary supplements need to be given as an alternative to replenish the deficient nutrients. Nutraceuticals show physiological benefits and protect against chronic diseases caused due to dietary problems. The nutraceuticals revolution thus will lead us into a modern period of treatment and better women's fitness. At present work, we have formulated nutraceuticals rich in vitamins, minerals, fibers, and proteins in the traditional way from largely produced and cheaply available fruits and vegetables to save their wastage and replenish the deficient nutrients indicated in certain dietary problems in women.

**Keywords:** Nutraceuticals, Fruits, Vegetables, Plants

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## INTRODUCTION

Nutraceuticals (Functional Food): A nutraceutical or 'biochemical' is a pharmaceutical that plays a key role in physiological benefits. Nutraceuticals may be used to various purposes such as to get better, improve the function of the body, stop chronic illness, or increase the function of the body.

The world's most popular fruit is the banana. The banana fruits outside cover are nothing but banana peel. A peel obtained from many vegetables and fruits during processing. Due to its nutritional and functional properties, banana peel was more able to attract to all researchers. In tropical and subtropical regions banana occurs and is an edible fruit affiliated with the genus *Musa*. A literature survey shows that it includes a huge amount of digestible fiber, mineral microelements, and proteins. Benefits of High dietary fiber and bioactive compound it is used in nutraceutical as well as medicinal purpose. Report say that banana peels are successfully used in diet because it contains less than 50% free sugar. [1] economic value of banana peel is increased due its various application in different era.

However, several studies report that, used to make biochemical product, ingredient in cooking, purification of water also. [2-4]. several studies have been done to evaluate whether banana peel having higher selenium compounds. chemical composition and physicochemical properties of banana peel claims the potential application [5]. several reports show to have excellent nutritional health benefits, home remedy for treating several skin problems as well as industrial applications including biofuel production. [6]

### Significance of banana fries.

A 2005 article in the international journal of cancer found that bananas may be helpful in preventing kidney cancer because of their high level of antioxidant phenolic compounds. It contains a high amount of vitamin B6 and B12 as well as magnesium and potassium [7]. Keeping these benefits in mind we have made this nutritious product from banana peel.

## MATERIAL AND METHODOLOGY

Selection of sample: bananas were brought from the local market Nanded. The banana was selected to get the better results. Each banana sample weighed ranged from 45-57 gm. Then the sample was peeled with the help of a hand or with the help of a peeler. As shown in fig. (1)



**Pretreatment:** Take fresh 4-5 banana peels and cut them into vertical sections in a stripe-like fashion along the length of a banana. The sample was direct immersed in a saltwater mixture of citric acid and turmeric for 3 minutes for better color retention.

**Drying:** After pretreatment, banana peels were dried in two ways i.e. one in the microwave with different wattages and the other was tray dried at different temperatures for 2-3 hrs.

**Frying:** Frying was done for tray-dried products only. Then add oil to the pan and start the flame of the burner wait for minutes until the oil gets heated. Then add 4 to 5 peels of the above mixture into the pan and give deep fry. Kept out blotting paper for absorption.

**Spicing and Packaging:** Then spice like salt, cumin powder, cornflower chili, garlic, etc. Allow it natural for cooling and then after cooling pack it in an airtight container. As shown in fig. (2)



Results: **Nutritional fact: - Amount** per 100 grams(gm)

Total fat	0.3gm
Saturated fat	0.1gm
Polyunsaturated	0.1gm
Cholesterol	0 mg 0%
Sodium	1mg 0%
Potassium	358mg 10%
Total carbohydrate	23gm 7%
Sugar	12gm
Protein	1.1gm
Vitamin A	1%
Vitamin C	14%
Calcium	14%
Vitamin D	0%
Vitamin B6	20%
Cobalt	0%
Magnesium	6%
Iron	1%

### CONCLUSION

The objective was to make banana peel fries. It carries lots of nutrients. Due to its unfavorable test, it's not accepted by the people as their daily diet. So, convert the banana peel into a tasty fried peel. So present study deals with banana peel fries' traditional way provide more nutraceutical application and antioxidant potential.

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