

## Summary

Pleasantly aromatic, nutmeg is actually seed kernel of fruit-nutmeg. It is one of the highly prized spices known since antiquity for its aromatic, aphrodisiac, and curative properties. Nutmegs are evergreen trees, native to the rain forest Indonesian Moluccas Island; also known as the *Spice Islands*. Botanically, the plant belongs to *Myristicaceae* family of medium to large trees. Its scientific name is: *Myristica fragrans*.

Peppers and bell peppers for human consumption as an important source of nutrient such as carotenoids, phenols, vitamin C, foliates. In peppers, there are phytochemical property that have many biochemicals and pharmacological properties which includes antioxidants, anti-inflammatory, antiallergenic and anti-carcinogenic activities. India is the world's largest producer, consumer and exporter of chili peppers. According to ayurveda, chili has many medicinal properties such as stimulating good digestion and endorphins, a natural pain killer to relieve pains.