

OBJECTIVE

Dear students in this episode, we learn about

- Common types of spices from their sources Ginger
- Turmaric(golden herbes)
- Bioactive compounds health benefits
- Medicinal properties of turmeric and Ginger
- Gingerol its properties
- Demethoxycurcumin
- Chili peppers.
- Asafoetida
- Nutmeg and Myristicin poisoning
- Terpeniol and Eugenol