

## Glossary

- **Ginger:** Ginger is an analgesic, antiseptic, antispasmodic, bactericidal, expectorant, laxative, digestive aid and a stimulant. Essential oil of Ginger has been known to cure pain, reduce fever, settle nausea, prevent infection, and relax muscle spasms.
- **Curcumin:** Curcumin, a substance in turmeric, may reduce swelling and help ease symptoms of osteoarthritis and rheumatoid arthritis, like pain and inflammation.
- **Antibiotics :**Antibiotics are among the most frequently prescribed medications in modern medicine. Antibiotics cure disease by killing or injuring bacteria.
- **Tuberculosis:** Tuberculosis, or TB, is an infectious bacterial disease caused by Mycobacterium tuberculosis, which most commonly affects the lungs. It is transmitted from ...Tuberculosis, or TB, is an infectious bacterial disease caused by Mycobacterium tuberculosis, which most commonly affects the lungs. It is transmitted from person to person via droplets from the throat and lungs of people with the active respiratory disease.
- **Natural phenolic compounds:** Natural phenolic compounds play an important role in cancer prevention and treatment. Phenolic compounds from medicinal herbs and dietary plants include phenolic acids, flavonoids, tannins, stilbenes, curcuminoids, coumarins, lignans, quinones, and others.
- **Turmeric:** Turmeric is an old Indian spice with a powerful medicinal compound called Curcumin. Turmeric a yellow indian spice belongs to ginger family Zingiberaceae. Turmeric powder is used in food, Ayurvedic, medicinal, cosmetic, coloring, dyeing as well
- **Chickenpox :**Chickenpox, also known as varicella, is a highly contagious disease caused by the initial infection with varicella zoster virus (VZV). Chickenpox is an airborne -disease which spreads easily through the coughs and sneezes of an infected person
- **Eczema :**Eczema is term for a group of medical conditions that cause the skin to become inflamed or irritated.
- **Flavor** or flavour is the sensory impression of food or other substance, and is determined primarily by the chemical senses of taste and smell.

- **Popular herbs:** Plant these **popular herbs** in your garden like basil, thyme, and dill, and enjoy some fresh-from-the-earth taste at your dinner table.
- **Dietary fiber :** Dietary fiber or roughage is the indigestible portion of food derived from plants. It has two main components: Soluble fiber, which dissolves in water, is readily fermented in the colon into gases and physiologically active byproducts, and can be prebiotic and viscous.
- **Carotene :** Carotene is the substance in carrots, pumpkins and sweet potatoes that colors them orange and is the most common form of carotene in plants
- **Osteoarthritis:** **Osteoarthritis** is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage on the ends of your bones wears .
- **Potassium:** Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure.
- **Antioxidant:** An **antioxidant** is a molecule that inhibits the oxidation of other molecules. Oxidation is a chemical reaction involving the loss of electrons or an increase in oxidation state. Oxidation reactions can produce free radicals. In turn, these radicals can start chain reactions.