

## Glassay:

- **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**, a substance in turmeric, may reduce swelling and help ease symptoms of osteoarthritis and rheumatoid arthritis, like pain and inflammation.
- **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
- **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.
- **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.
- **Capsaicin:** Capsaicin is present in large quantities in the placental tissue, The seeds themselves do not produce any capsaicin. Capsaicinoid is phenolic pungent compounds that have been found mostly in *Capsicum* fruits and contribute to 90% of pungency of pepper fruits.
- **Eugenol:** Eugenol is a member of the phenylpropanoids class of chemical compounds. It is present in concentrations of 80–90% in clove bud oil and at 82–

88% in clove leaf oil. It is used in perfumeries, flavorings, essential oils and in medicine as a local antiseptic and anaesthetic.

- **Asafoetida:**Asafoetida oleo-gum-resin has been reported to be antiepileptic in other form of medicins and the main form of treatment for people with epilepsy.