

Economically Useful Plants and Entrepreneurial Botany





Chapter

Learning Objectives

The learner will be able to

- Acquire knowledge about origin, area of cultivation and uses of various food yielding plants.
- Describe the different spices and condiments and their uses.
- Elicit the uses of fibre, timbers, paper and dye yielding plants.
- Acquire knowledge about the active principles, chemical composition and medicinal uses of plants.
- Develop skill of mushroom cultivation, knowledge of SCP production and sea weed liquid fertilizers
- Gains knowledge of organic farming- bio fertilisers and bio pest repellants.
- Learn to make terrarium and bonsai
- Acquires knowledge of cultivation of medicinal plants.

Chapter outline

- 10.1 Food Plants
- 10.2 Spices and Condiments
- 10.3 Fibres
- 10.4 Timber
- 10.5 Latex
- 10.6 Pulp wood
- 10.7 Dyes
- 10.8 Cosmetics
- 10.9 Traditional systems of Medicines
- 10.10 Medicinal plants
- 10.11 Entrepreneurial Botany

The land and water of the earth sustain a vast assemblage of plants upon which all other living forms are directly or indirectly dependent. Pre-historic humans lived on berries, tubers, herbage, and the wild game which they collected and hunted that occupied whole of their time. Domestication of plants and animals has led to the production of surplus food which formed the basis for civilizations. Early civilization in different parts of the world has domesticated different species of plants for various purposes. Based on their utility, the economically useful plants are classified into food plants, fodder plants, fibre plants, timber plants, medicinal plants, and plants used in paper industries, dyes and cosmetics. Selected examples of economically important plants for each category are discussed in this chapter.

10.1 Food plants

Currently about 10,000 food plants are being used of which only around 1,500 species were brought under cultivation. However, food base of majority of the population depends only on three grass species namely rice, wheat and maize.

10.1.1 Cereals

The word cereal is derived from Ceres, which according to the Roman mythology denotes "Goddess of agriculture". All cereals are members of grass family (Poaceae) that are grown for their edible starchy seeds. The prominence of cereals as food plants is due to the following attributes:

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- i. Greater adaptability and successful colonisation on every type of habitat.
- ii. The relative ease of cultivation
- iii. Tillering property that produce more branches which results in higher yield per unit area.
- iv. Compact and dry grains that they can be easily handled, transported and stored without undergoing spoilage.
- v. High caloric value that provides energy.

The nutrients provided by cereals include carbohydrates, proteins, fibres and a wide range of vitamins and minerals. Cereals can be classified into two different types based on their size namely Major Cereals and Minor Cereals.

Major Cereals

Rice / Paddy

Botanical name : Oryza sativa

Paddy is a semi-aquatic crop and is grown in standing water. It is an important food crop of the world, occupying the second position in terms of area under cultivation and production, next to wheat. Rice is the chief source of carbohydrate.

Origin and Area of cultivation

South East Asia is considered as the center of origin of rice. Earliest evidences of rice cultivation have been found in China, India and Thailand. It is mainly cultivated in Delta and irrigated regions of Tamil Nadu.

Uses

Rice is the easily digestible calorie rich cereal food which is used as a staple food in Southern and North East India. Various

rice products such as **Flaked rice** (Aval), **Puffed rice** / **parched rice** (Pori) are used as breakfast cereal or as snack food in different parts of India.

Rice bran oil obtained from the rice bran is used in culinary and industrial purposes.

Husks are used as fuel, and in the manufacture of packing material and fertilizer.

International Rice Research Institute (IRRI)



InternationalRiceResearch Institute(IRRI)is located in LosBanos,Manila the capital city of

Philippines. This is the only institute in the world which exclusively carries out research as on rice. IRRI aims to improve livelihoods and nutrition, abolishing hunger, and malnutrition. poverty, Whatever IR rice varieties available in the world are developed through rice breeding programme and released by IRRI. Till date IRRI has produced 843 rice varieties that have been released in 77 countries. IR8 is a high-yielding semi-dwarf rice variety developed by IRRI in the early 1960s and it is called as miracle rice, much celebrated for fighting famine. Another variety to mention is IR36 which is a semi-dwarf variety that proved highly resistant to a number of insect pests and diseases that raised farmers' rice yields and brought down the prices of the staple food in Asian families. The International Rice Gene bank of IRRI has a collection of more than 117 000 types of rice, comprising of modern and traditional varieties including wild relatives of Paddy.





Figure 10.1: Major Cereals



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Wheat

Botanical name : Triticum aestivum

Origin and Area of cultivation

Earliest evidence for wheat cultivation comes from Fertile Crescent region. The common cultivated wheat, *Triticum aestivum* is cultivated for about 7,500 years. Wheat is mostly cultivated in the North Indian states such as Uttar Pradesh, Punjab, Haryana, Rajasthan, Madhya Pradesh and Bihar.

Uses

Wheat is the staple food in Northern India. Wheat flour is suitable to make bread and other bakery products. Processed wheat flour, that has little fibre, is called Maida which is used extensively in making parota, naan and bakery products. Malted wheat is a major raw material for producing alcoholic beverages and nutritive drinks.

Maize / Corn

Botanical name : Zea mays

Origin and Area of Cultivation

Maize is the only cereal that has originated and domesticated from the New World. Madhya Pradesh, Himachal Pradesh and Punjab are the major maize producing states of India.

Why do popcorn pops?



Endosperm in corn consists of two type namely soft and hard. In popcorn soft endospermconstitutes

most part of the grain surrounded by thin layer of hard endosperm. When heated, the internal starch and protein are converted into gelatinous substances and when pressure mount further, the soft endosperm expands and explodes reversing the grain and the gelatinous starch are converted into foam, which readily solidifies outside and convert into crispy, tasty popcorn. Whereas Perambalur, Ariyalur, Cuddalore, Dindigul and Tirupur are the major maize growing belts in Tamil Nadu.



PSEUDO-CEREAL The term pseudo-cereal is

used to describe foods that are prepared and eaten

as a whole grain, but are botanical outliers from grasses. Example: **quinoa**. It is actually a seed from the *Chenopodium quinoa* plant

belongs to the family Amaranthaceae. It is a gluten-free, whole-grain carbohydrate, as well as a whole protein (meaning it contains all nine essential amino acids) and have been eaten for 6,000 years in Andes hill region.

Uses

Most of the corn produced is used as fodder than food. Corn syrup is used in the manufacture of infant foods. Corn is a raw material in the industrial production of alcohol and alcoholic beverages.

10.1.2 Millets (Siru Thaniyangal)

The term millet is applied to a variety of very small seeds originally cultivated by ancient people in Africa and Asia. They are gluten free and have less glycemic index.

Pearl Millet

Botanical name: Pennisetum americanum

It is one of the millets introduced in India and Africa. Pearl Millet is rich in fibre, iron and minerals, stable food grain in many parts of India, especially in Gujarat and Rajasthan.

Uses

It is commonly used to make flat bread, gluten free cereal based products, porridge (Kambang koozh), biscuits, pasta and nondairy probiotic beverages.







Figure 10.2: Millets

Foxtail Millet

Botanical name : Setaria italica

This is one of the oldest millet used traditionally in India. Which is domesticated first in China about 6000 years. Rich in protein, carbohydrate, vitamin B and C, Potassium and Calcium.

Uses

It supports in strengthening of heart and improves eye sight. Thinai porridge is given to lactating mother.

Kodo Millet

Botanical name : Paspalum scrobiculatum

Kodo millet is originated from West Africa, which is rich in fibre, protein and minerals.

Uses

Kodo millet is ground into flour and used to make pudding. Good diuretic and cures constipation. Helps to reduce obesity, blood sugar and blood pressure.

10.1.4 Pulses

The word Pulse is derived from the Latin words 'puls' or 'pultis' meaning "thick soup". Pulses are the edible seeds that are harvested from the fruits of Fabaceae. They provide vital source of plant-based protein, vitamins and minerals for people around the globe.



Finger Millet - Ragi

Finger millet is the crop of early introduction from East Africa into India. Ragi is rich in calcium.

Uses

It is used as a staple food in many southern hilly regions of India. Ragi grains are made into porridge and gruel. Ragi malt is the popular nutrient drink. It is used as a source of fermented beverages.

Sorghum

Botanical name : Sorghum vulgare

Sorghum is native to Africa. It is one of the major millets in the world and is rich in calcium and iron.

Uses

It is fed to poultry, birds, pigs and cattle and a source of fermented alcoholic beverage

10.1.3 Minor Millets Little Millet

Botanical name-Panicum sumatrense

This is one of the oldest millets and is native to India. The species name is based on a specimen collected from Sumatra. It is rich in iron and fibre than rice that makes it best for diabetes. **Uses**

It is cooked like rice and also milled and baked. It cures anaemic condition, constipation and other gastrological problems.



Foxtail Millet **Figure 10.3:** Minor Millets





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Little Millet



Figure 10.4: Pulses

Black gram

Botanical name : Vigna mungo

Origin and Area of cultivation

Black gram is native to India. Earliest archeobotanical evidences record the presence of black gram about 3,500 years ago. It is cultivated as a rain fed crop in drier parts of India. India contributes to 80% of the global production of black gram. Important states growing black gram in India are Uttar Pradesh, Chattisgarh and Karnataka.

Uses

Black gram is eaten whole or split, boiled or roasted or ground into flour. Black gram batter is a major ingredients for the preparation of popular Southern Indian breakfast dishes. Split pulse is used in seasoning Indian curries.

Red gram / Pigeon pea

Botanical name : Cajanus cajan

Origin and Area of cultivation: It is the only pulse native to Southern India. It is mainly grown in the states of Maharashtra, Andhra Pradesh, Madhya Pradesh, Karnataka and Gujarat.

Uses

Red gram is a major ingredient of sambar, a characteristic dish of Southern India. Roasted seeds are consumed either salted or unsalted as a popular snack. Young pods are cooked and consumed.

Green gram

Botanical name : Vigna radiata

Origin and Area of cultivation

Green gram is a native of India and the earliest archaeological evidences are found in the state of Maharashtra. It is cultivated in the states of Madhya Pradesh, Karnataka and Tamil Nadu.

Uses

It can be used as roasted cooked and sprouted pulse. Green gram is one of the ingredients of pongal, a popular breakfast dish in Tamil Nadu. Fried dehulled and broken or whole green gram is used as popular snack. The flour is traditionally used as a cosmetic, especially for the skin.

Chick pea / Bengal gram

Botanical name : *Cicer arietinum*

Origin and Area of cultivation: It has originated in West Asia and was known in cultivation for more than 4,000 years in India. It is mainly grown in the states of Madhya Pradesh, Uttar Pradesh and Rajasthan.

Uses

Chick pea protein is rated high in terms of amino acid content and digestibility. Infant food formulae uses malted chick pea as an ingredient. Chick pea seed flour is a prime constituent of many forms of Indian confectionary. Roasted and salted, whole or split gram forms the popular snacks of middle class.

10.1.5 Vegetables

While walking through a market filled with fresh vegetables like stacks of lady's finger, mountains of potatoes, pyramids of brinjal, tomatoes, cucurbits, we learn to choose the vegetables that is fresh, tender, ripe and those suit the family taste through experience and cultural practices. Why do we need to eat vegetables and what do they provide us?

Vegetables are the important part of healthy eating and provide many nutrients, including potassium, fiber, folic acid and vitamins A, E and C. The nutrients in vegetables are vital for maintenance of our health.

Potato

Botanical name : *Solanum tuberosum* Family: Solanaceae

Origin and Area of cultivation

Potato has originated from the highlands of Peru and Bolivia. It is cultivated in Uttar Pradesh, West Bengal and Bihar are the major potato cultivating states of India. Nilgiri and Palani hills also contribute to the potato cultivation in Southern Indian hills.

Uses

Potato tubers are used in a variety of ways like boiled, steamed, fried, baked, roasted or as an ingredient in soup, stews, pies and other dishes. It is the major raw material for the chips industry, brewing industry and in the manufacture of products used for microbiological and clinical applications.

Lady's finger / Okra

Botanical name : *Abelmoschus esculentus* Family: Malvaceae

Origin and Area of cultivation

Lady's finger is a native of the Tropical Africa. Assam, Maharashtra and Gujarat are the important states where Lady's finger is grown in abundance. Coimbatore, Dharmapuri and Vellore are the major cultivating regions of Tamil Nadu.

Uses

The fresh and green tender fruits are used as a vegetable. Often they are sliced and dehydrated to conserve them for later use. It has most important nutrients.

Cucumber

Botanical name : *Cucumis sativus* Family: Cucurbitaceae

The cucurbits are the vining plants of the family Cucurbitaceae, which include cucumbers, squash, pumpkins, melons and gourds.

Origin and Area of Cultivation

The cucumber is an important summer vegetable in all parts of India. It is originated in India. It has been cultivated for at least three thousand years. Cucumber is commonly cultivated throughout India.

Uses

Depending on the species immature or mature fruit are consumed as fresh or cooked vegetables. It is used in the preparation of salad and pickle. Oil obtained from cucumber seed is good for the brain and the body and the kernels are used in confectionaries.

10.1.6 Fruits

Edible fruits are fleshy structures with a pleasant aroma and flavours. Fruits are sources of many nutrients including potassium, dietary fiber, folic acid and vitamins.Depending on the climatic region in which fruit crops grow, they can be classified into temperate(apple, pear, plum) and tropical fruits (mango, jack, banana). In this chapter we will study some examples of tropical fruits.

Mango (National fruit of India)

Botanical name : *Mangifera indica* Family: Anacardiaceae

Origin and Area of cultivation

The mango is the native to Southern Asia, especially Burma and Eastern India. It is the National fruit of India. Major mango producing States are Andhra Pradesh, Bihar, Gujarat and Karnataka.



Figure 10.5: Mango

Salem, Krishnagiri, Dharmapuri are the major mango producing districts of Tamil Nadu. Some of the major cultivars of mango in India are Alphonsa, Banganapalli, neelam and malgova.

Uses

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Mango is the major table fruit of India, which is rich in beta carotenes. It is utilized in many ways, as dessert, canned, dried and preserves in Indian cuisine. Sour, unripe mangoes are used in chutneys, pickles, side dishes, or may be eaten raw with salt and chili. Mango pulp is

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made into jelly. Aerated and non-aerated fruit juice is a popular soft drink.

Banana

Botanical name : *Musa* x *paradisiaca* Family: Musaceae

Origin and Area of cultivation

Bananas were domesticated in South East Asia. Tamil Nadu is the world's No. 1 banana producer. Theni, Trichy, Erode,



Figure 10.6: Banana

Thoothukudi, Coimbatore, Kanyakumari, Thanjavur and Dindigul are the prominent regions in Tamil Nadu where the crop is being cultivated. Major cultivars of banana are Chevazhai, Nentheran, Karpooravalli, Poovan and Peyan.

Uses

The banana fruit is loaded with potassium and essential vitamins, which can be eaten raw or cooked (deep fried, dehydrated, baked or steamed). The fruit can be processed into flour and can be fermented for the production of beverages such as banana juice, beer, vinegar and vine.

Jack fruit (State fruit of Tamil Nadu)

Botanical name : *Artocarpus heterophyllus* Family: Moraceae

Origin and Area of cultivation

The jackfruit has originated in the Western Ghats of India and it is the state fruit of Tamil Nadu. The major Jack fruit cultivating areas of Tamil Nadu are Cuddalore, Kanyakumari, Dindigul, Pudukottai, Namakkal, Tirunelveli and Nilgiris. Panruti and Coimbatore



Figure 10.7: Jackfruit

districts are the major marketing centres.

Uses

The fruit can be eaten raw or cooked. Unripe flake slices are deep-fried to make crispy chips. The seeds are either boiled or roasted and eaten. Unripe fruits are used as vegetables.

10.1.7 Nuts

Nuts are simple dry fruits composed of a hard shell and an edible kernel. They are packed with a good source of healthy fats, fibre, protein, vitamins, minerals and antioxidants. Some of the important nuts are discussed below.

Cashew nut

Botanical name : *Anacardium occidentale* Family: Anacardiaceae

Origin and Area of cultivation

Cashew has originated in Brazil and made its way to India in the 16th century through Portuguese sailors. Cashew is grown in Kerala, Karnataka, Goa, Maharashtra, Tamil Nadu, and Orissa.

Uses

Cashews are commonly used for garnishing sweets or curries, or ground into a paste that forms a base of sauces for curries or some sweets. Roasted and raw kernels are used as snacks.

Table 10.1 : Other common fruits					
S.No	Common Name	Tamil Name	Botanical name	Family	Edible part
1	Guava	கொய்யா	Psidium guajava	Myrtaceae	Mesocarp and Endocarp
2	Papaya	பப்பாளி	Carica papaya	Caricaceae	Mesocarp
3	Pomegranate	மாதுளை	Punica granatum	Punicaceae	Aril
4	Fig	அத்தி	Ficus carica	Moraceae	Fleshy receptacle
5	Date Palm	பேரீச்சம்	Phoenix dactylifera	Arecaceae	Pericarp



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Figure 10.8: Nuts

Almond

Botanical name : Prunus dulcis Family: Rosaceae

Origin and Area of cultivation

Almond is a tree native to Mediterranean regions of the Middle East. Almond is cultivated in Kashmir, Himachal Pradesh and Uttar Pradesh. Uses

Almonds are often eaten raw or roasted and are available as whole, sliced (flaked), and as flour. Almond oil is made into almond butter or almond milk, which are used in sweet and savoury dishes. Almond helps in promoting HDL (High Density Lipids)

10.1.8 Sugars

We experienced sweetness while eating the stems of sugarcane, roots of sugar beet, fruits of apple and while drinking palmyra sap. This is due to the different proportions of sugars found in it. Sugar is the generic name for sweet tasting soluble carbohydrate, which are used in foods and beverages. Sugars found in sugarcane and palmyra make them ideal for efficient extraction to make commercial sugar.

Sugarcane

Botanical name : Saccharum officinarum Family : Poaceae

Origin and Area of cultivation

cultivated Saccharum The officinarum has evolved by repeated back crossing of S.officinarum of New Guinea with wild S.spontaneum of India to improve the quality. All districts except Kanyakumari and Nilgiris of Tamil Nadu cultivate Sugarcane.

Uses

Sugar cane is the raw material for extracting white sugar. Sugarcane supports large number of industries like sugar mills producing refined sugars, distilleries producing liquor grade ethanol and millions of jaggery manufacturing units. Fresh sugarcane juice is a refreshing drink. Molasses is the raw material for the production of ethyl alcohol.

Stevia /Sweet leaf

Botanical name : Stevia rebaudiana Family: Asteraceae

Stevia is a sweetener and a sugar substitute, extracted from the leaves of Stevia rebaudiana. It has no calories and is 200 times sweeter than sugar. The Steveocide is the chemical that is responsible for sweetness in Stevia.

Origin and Area of cultivation

Stevia is a native to Brazil and Paraguay. It is cultivated in the states of Himachal Pradesh, Gujarat and Tamil Nadu.

Uses

This is the most popular natural sweetener and is a substitute for white sugar, hence it is extensively used by diabetic patients and health conscious people.



Figure 10.9: Sugars



Palmyra (State tree of Tamil Nadu) Botanical name : *Borassus flabellifer* Family: Arecaceae

Origin and Area of cultivation

Palmyra is native to tropical regions of Africa, Asia and New Guinea. Palmyra grows all over Tamil Nadu, especially in coastal districts.

Uses

Exudate from inflorescence axis is collected for preparing palm sugar. Inflorescence is tapped for its sap which is used as health drink. Sap is processed to get palm jaggery or fermented to give **toddy**.

Endosperm is used as a refreshing summer food. Germinated seeds have an elongated embryo surrounded by fleshy scale leaf which is edible.

10.1.9 Oil Seeds

Why fried foods are tastier than boiled foods? There are two kinds of oils namely, essential oils and vegetable oils or fatty oils. The essential oils or volatile oils which possess aroma evaporate or volatilize in contact with air. Any organ of a plant may be the source of essential oil. For example, flowers of Jasmine, fruits of orange and roots of ginger. The vegetable oils or non-volatile oils or fixed oils that do not evaporate. Whole seeds or endosperm form the sources of vegetable oils.

Fatty acids in Oils				
Saturated Fatty		Unsaturated Fatty		
Acid (SFA)		Acid (UFA)		
Mono Unsaturated		Poly Unsaturated		
Fatty Acid		Fatty Acid		
(MUFA)		(PUFA)		
Liquid form in		Liquid form in room		
room temperature		temperature and		
but get solidified in		stay in liquid form		
low temperature.		even when chilled.		
Example: Coconut		Example: Sunflower		
oil		oil and Soybean oil		
Gingelly oil and Rice bran oil are mixture of				
MUFA and PUFA				

Let us know about few oil seeds

Groundnut / Peanut

Botanical name : *Arachis hypogaea* Family : Fabaceae

Origin and Area of Cultivation:

Groundnut is native of Brazil. Portuguese introduced groundnut into Africa. The Spanish took it to the South East Asia and India via Philippines. In India Gujarat, Andhra Pradesh and Rajasthan are top producers.

Uses

Nuts contain about 45% oil. The kernels are also rich sources of phosphorous and vitamins, particularly thiamine, riboflavin and niacin. It is premium cooking oil because it does not smoke. Lower grade oil is used in manufacture of soaps and lubricants.

Sesame / Gingelly

Botanical name : *Sesamum indicum*

Family : Pedaliaceae

Origin and Area of cultivation: Sesamum indicum has originated from Africa.. Sesame is cultivated as a dry land crop. West Bengal and Madhya Pradesh are the top producers in India during 2017-18. It is considered as a healthy oil in Southern Indian culture.

Uses

Sesame oil is used for mostly culinary purposes in India. Lower grades are used in manufacture of soaps, in paint industries, as a lubricant and as an illuminant. In India, the oil is the basis of most of the scented oils used in perfumes. Sesame seed snacks are popular throughout India.

Coconut

Botanical name : *Cocos nucifera* Family : Arecaceae



Origin and Area of cultivation: The origin of coconut is Pacific island region. Kerala and Tamil Nadu are the leading producers in India.

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Figure 10.10: Oil Seeds

Uses

Coconut oil is classified as edible-industrial oil. Soaps obtained from coconut oil lathers well in soft and hard water. It is used in manufacture of rubber, synthetic resins, lubricants, brake fluids for aeroplanes and detergents. It is used as major hair oil and a base for applying medicinal powders.

10.1.10 Beverages

How about a cup of coffee or tea? We always entertain our guests with this offer. Children exchange chocolates during their birthdays.

All non-alcoholic beverages contain alkaloids that stimulate central nervous system and also possess mild diuretic properties. In this part of chapter, we learn about three popular nonalcoholic beverages namely tea, coffee and cocoa.

Tea

Botanical name : Camellia sinensis Family : Theaceae

Origin and Area of cultivation: Tea is native of China.Assam is the top tea producer in India, followed by Kerala and Tamil Nadu.

Uses

Tea is the most popular beverage among all sections of people in India. Regular consumption of green tea is believed to lowers the bad cholesterol and increases the good cholesterol.

Coffee

Botanical name : Coffea arabica Family : Rubiaceae



Figure 10.11: Beverages



Why does a student or a driver prefer tea or coffee during night work?

Origin and Area of cultivation: Coffea arabica is the prime source of commercial coffee which is native to the tropical Ethiopia An Indian Muslim saint, Baba Budan introduced coffee from Yemen to Mysore.Karnataka is the largest coffee producing state in India followed by Tamil Nadu and Kerala. Tamil Nadu is the largest consumer of coffee in India.

Uses

Drinking coffee in moderation provides the following health benefits:

Caffeine enhances release of acetylcholine in brain, which in turn enhances efficiency. It can lower the incidence of fatty liver diseases, cirrhosis and cancer. It may reduce the risk of type 2 diabetes.

Cocoa

Botanical name: Theobroma cacao

Family : Malvaceae

Origin and Area of cultivation: Cocoa is native of Tropical American region. The word Theobroma (Theos means god, broma means food) means 'food of the Gods'. Kerala is the largest producer of Cocoa in India followed by Karnataka.

Uses

Cocoa is mainly used in confectionaries and forms an important ingredient in nutritive drinks. Cocoa products are rich in fibres, minerals and antioxidants, thus preventing cancer, cardiovascular diseases, premature ageing.



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Tea plantation

10.2 Spices and Condiments

"Aroma attracts everyone"

History:

Spices were used extensively throughout the world for several thousands of years. Records of use of garlic and onion dates back 2500 years.

Majority of the spices are native to Mediterranean region, India and South East Asian countries. Spices, especially pepper triggered the search for sea route to India and paved way for the exploratory voyages by Spanish and Portuguese.

Spices are accessory foods mainly used for flavouring during food preparation to improve their palatability. Spices are aromatic plant products and are characterized by sweet or bitter taste. Spices are added in minimal quantities during the cooking process. For example black pepper.

Condiments, on the other hand, are flavouring substances having a sharp taste and are usually added to food after cooking. For example, curry leaves.

The following spices and condiment are discussed in detail.

Spices

Cardamom

Botanical name : Elettaria cardamomum

Family : Zingiberaceae

Origin and Area of cultivation: It is indigenous to Southern India and Sri Lanka. Cardamom is called as "Queen of Spices". In India it is one of the main cash crops cultivated in the Western Ghats, and North Eastern India





Turmeric



The seeds have a pleasing aroma and a characteristic warm, slightly pungent taste. It is used for flavouring confectionaries, bakery products and beverages. The seeds are used in the preparation of curry powder, pickles and cakes. Medicinally, it is employed as a stimulant and carminative. It is also chewed as a mouth freshener.

Black Pepper

Botanical name : *Piper nigrum* Family : Piperaceae

Origin and Area of cultivation: It is indigenous to Western Ghats of India. Pepper is one of the most important Indian spices referred to as the "King of Spices" and also termed as "Black Gold of India". Kerala, Karnataka and Tamil Nadu are the top producers in India.

The characteristic pungency of the pepper is due to the presence of alkaloid Piperine. There are two types of pepper available in the market namely black and white pepper.

Uses

It is used for flavouring in the preparation of sauces, soups, curry powder and pickles. It is used in medicine as an aromatic stimulant for enhancing salivary and gastric secretions and also as a stomachic. Pepper also enhances the bio-absorption of medicines.

Turmeric

Botanical name : Curcuma longa

Family : Zingiberaceae

Origin and Area of cultivation: It is indigenous to Southern Asia India is the largest producer, consumer and exporter of



Figure 10.12: Spices

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turmeric. Erode in Tamil Nadu is the World's largest wholesale turmeric market.

Uses

Turmeric is one of the most important and ancient Indian spices and used traditionally over thousands of years for culinary, cosmetic, dyeing and for medicinal purposes. It is an important constituent of curry powders. Turmeric is used as a colouring agent in pharmacy, confectionery and food industry. Rice coloured with turmeric (yellow) is considered sacred and auspicious which is used in ceremonies. It is also used for dyeing leather, fibre, paper and toys.

Curcumin extracted from turmeric is responsible for the yellow colour. Curcumin is a very good anti-oxidant which may help fight various kinds of cancer. It has anti-inflammatory, anti-diabetic, anti-bacterial, anti-fungal and antiviral activities. It stops platelets from clotting in arteries, which leads to heart attack.

Chillies / Red Pepper

Botanical name : Capsicum annuum, C. frutescens.

Family : Solanaceae

Origin and Area of cultivation: Capsicum is native to South America and is popularly known as chillies or red pepper in English. India is leading producer and exporter. C. annuum and C. frutescens are important cultivated species of chillies.

Uses

The fruits of C.annuum are less pungent than the

fruits of C.frutescens. C.annum includes large, sweet bell peppers. Long fruit cultivars of this species are commercially known as 'Cayenne pepper' which are crushed, powdered and used as condiment. Chillies are used in manufacture of sauces, curry powders and preparation of pickles. Capsaicin is an active component of chillies. It has pain relieving properties and used in pain relieving balms. Chillies are a good source of Vitamin C, A and E.



Capsaicin is responsible for the pungency or spicy taste of chillies. Pungency of Chillies is measured in Scoville Heat Units

(SHU). World's hottest chilli, Carolina reaper pepper measures 2,200,000 SHU. Naga viper chilli is the hottest in India that measures 1,349,000 SHU. Commonly used cayenne pepper measures 30,000 to 50,000 SHU.

Condiment Tamarind

Botanical name : Tamarindus indica Family : Fabaceae-Caesalpinioideae

Origin and Area of cultivation: Tamarind is native of tropical African region and was introduced into India several thousand years Figure 10.13: Tamarind



before. It is cultivated

in India, Myanmar, south asian countries and several African and Central American countries.

Table 10.2 : Other common spices and condiments				
S. No	Common Name	Tamil Name	Botanical Name	Family
1	Coriander	கொத்துமல்லி	Coriandrum sativum. L	Apiaceae
2	Cumin	சீரகம்	<i>Cuminum cyminum</i> . L	Apiaceae
3	Fenugreek	வெந்தயம்	Trigonella foenum graecum. L	Fabaceae
4	Cloves	இலவங்கம்	Eugenia aromaticum	Myrtaceae
5	Asafoetidia	பெருங்காயம்	Ferula asafoetida.L	Umbelliferae (Apiaceae)
6	Onion	வெங்காயம்	Allium cepa	Amarillidaceae

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Tamarind has long been used in Africa and in Southern Asia. The name tamarindus is of Arabian origin, which means "dates of India". (tamar – dates; Indus – India).

Uses

It is used in flavouring sauces in the United States and Mexico. In India, the fruit pulp is major ingredients for many culinary preparations. Sweet tamarinds are sold as table fruits in India imported from Thailand and Malaysia.



Sambar – The World Inside

When we see the bowl of sambar, we can see

the world inside. Mustard, Cumin and Coriander from Mediterranean, pepper from Western Ghats of India, turmeric from Southern Asia, chilly from South America, onion from Afganisthan, tamarind from Tropical Africa, tomato from South America, potato from Peru and Bolivia, lady's-finger from Africa, and redgram from South India make the Sambar as a global dish.

10.3 Fibres

Botanically a fiber is a long narrow and thickwalled cell. Plant fibres are classified according to their use (Table 10.3)

Table 10.3 Classification of fibres				
S. No	Types of fibre	Uses	Example	
1	Textile fibre	Manufacture of fabrics, netting and cordage.	Cotton, hemp, jute.	
2	Brush fibre	Making brushes and brooms.	Palm fibres and brooms.	
3	Plaiting fibre	Making hats, baskets, furniture.	Cane, Vitex and Lantana.	
4	Filling fibre	Stuffing pillows, cushions and beds.	Silk cotton, Calotropis.	

Cotton

Botanical name : Gossypium spp.

Family : Malvaceae

Cotton is the world's most important non-food commercial crop.

Origin and Area of cultivation: It is one of the oldest cultivated crops of the world. It has been cultivated for about 8000 years both in new world and in old world. Commercial cotton comes from four cotton species: two from the new world and two from the old world. (1) *G. hirsutum* (2) *G.barbadense* are the New world species and (3) *G. arboretum* (4) *G. herbaceum* are the old world species. In India cotton is cultivated in Gujarat, Maharashtra, Andhra Pradesh and Tamil Nadu.

Uses

It is mainly used in the manufacturing of various textile, hosiery products, toys and is also used in hospitals.

Jute

Botanical name : Corchorus spp.

Family : Malvaceae

Origin and Area of cultivation: Jute is derived from the two cultivated species (1) *Corchorus capsularis* and (2) *C.olitorius* is of African origin whereas *C. capsularis*, is believed to be Indo-Burmese origin. It is an important cultivated commercial crop in Gangetic plains of India and Bangladesh.

Uses

It is one of the largest exported fibre material of India. The jute industry occupies an important place in the national economy of India. Jute is used for 'safe' packaging in view of being natural, renewable, bio-degradable and eco-friendly product. It is used in bagging and wrapping textile. About 75% of the jute produced is used for manufacturing sacks and bags. It is also used in manufacture of blankets, rags, curtains etc. It is also being used as a textile fibre in recent years.

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Figure 10.14: Fibres

Coconut / Coir

Botanical name : *Cocos nucifera* Family : Arecaceae

Commercial coir is obtained from the mesocarp of coconut. The fibre is known for its light mass, elasticity, high resistance to sea water and for its insulating capacity.

Origin and Area of cultivation: We have already studied the origin of Coconut under the oil crops. India and Sri Lanka are the top producers since 2001. Kerala and Tamil Nadu are the top producers in India.

Uses

It is used in manufacture of mats, cushion seats, bags, packaging material, water-proof and sound proof boards and thermal insulation. Using coir peat in horticulture also made demand for coir. It is also used for manufacturing ecofriendly horticultural products such as biodegradable planting pots.

10.4 Timber

The basic need of shelter is obtained from the timber trees. In this lesson we learn about few timber plants.

Teak

Botanical name : Tectona grandis

Family: Lamiaceae



Figure 10.15: Timber

Origin and Area of cultivation: This is native to South east Asia. It is observed wild in Assam. But cultivated in Bengal, Assam, Kerala, Tamil Nadu and North-West India.

Uses

It is one of best timbers of the world. The heartwood is golden yellow to golden brown when freshly sawn, turning darker when exposed to light. Known for its durability as it is immune to the attack of termites and fungi.

The wood does not split or crack and is a carpenter friendly wood. It was the chief railway carriage and wagon wood in India. Ship building and bridge-building depends on teakwood. It is also used in making boats, toys, plywood, door frames and doors.

Rosewood

Botanical name : *Dalbergia latifolia* Family: Fabaceae

Origin and Area of cultivation: Rose wood is native to India It is cultivated in Uttar Pradesh, Bihar, Odisha, Central, Western and Southern India.

Uses

Indian rosewood has yellowish sapwood and dull brown to almost purple coloured heartwood. The wood is characterised by fragrant, heavy, narrowly interlocked grained and medium coarse textured. It is a durable and heavy wood and is suitable for under water use. Wood is used for making furniture, army wagons, temple chariots, cabinets, railway sleepers, musical instruments, hammer handles, shoe heels and tobacco pipes.

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Ebony

Botanical name : *Diospyros ebenum* Family: Ebenaceae

Origin and Area of cultivation: It is commonly found in tropical forests Southern India and Srilanka. Ebony is distributed in forests of Karnataka, Kerala and Tamil Nadu.

Uses

The heartwood is jet black with a metallic lustre when smoothened and is resistant to attack by insects and fungi. The wood is difficult to season and hence cut into small pieces before seasoning It is used mainly for making piano keys, handles of cutlery, musical instruments, making sticks, umbrella handles, whips and furniture.

10.5 Latex

Rubber

Botanical name : Hevea brasiliensis Family : Euphorbiaceae

Origin and Area of cultivation: It is a native

of Brazil and was introduced outside its native range during the colonial period and has become an important cash crop. Asia



Figure 10.16 : Rubber Tree

contributed 90% of the world production. Kerala is the largest producer in India followed by Tamil Nadu.

Uses

Tyre and other automobile parts manufacturing industries consume 70% of the rubber production. Rubber is used in manufacturing footwear, wire and cable insulations, raincoats, household and hospital goods, shock absorbers, belts, sports goods, erasers, adhesives, and rubber-bands Hard rubber is used in the electrical and radio engineering industries Concentrated latex is used for making gloves, balloons and condoms.

Foamed latex is used in the manufacture of cushions, pillows and life-belts.



Rubber – Vulcanization Charles Goodyear invented vulcanization in

1839. He found that the defects in rubber articles could be overcome by heating rubber with sulphur under pressure at 150° C. The process was called vulcanization. The name was given from the Roman God of Fire, Vulcan. Because of this, solid rubber tyres were used for first time in

1867. That is why we smoothly travel on road.

10.6 Pulp Wood

The term paper is derived from the word 'papyrus' a plant (Cyperus papyrus) that was used by Egyptians to make paper-like materials. Paper production is a Chinese invention. The Chinese discovered the paper that was prepared from the inner bark of paper mulberry in 105 A.D. For a long time, the art of paper making remained a monopoly of the Chinese until Arabs learned the technique and improved it around 750 A.D. Invention of printing increased the demand for paper.

Manufacture of Wood pulp: Wood is converted into pulp by mechanical, and chemical processes. Wood of Melia azadirachta,



Figure 10.17 : Wood pulp

Neolamarkia chinensis. Casuarina spp, Eucalyptus spp are used for making paper pulp.



Purified dissolving pulp is used as a basic material in the manufacture of rayon or artificial silk, fabrics, transparent films (cellophane, cellulose acetate films), plastics. The viscose process of making rayon is the most common process.

10.7 Dyes

The ability to perceive colour is a wonderful aspect of human eyes and dyes add colour to the goods we use. They have been in use since the ancient times.

The earliest authentic records of dyeing were found in the tomb painting of ancient Egypt. Colourings on mummy cements (wrapping) included saffron and indigo. They can also be seen in rock paintings in India.

Indigo

Botanical name : Indigofera

Family : Fabaceae

Origin and Area of cultivation: Indigofera tinctoria is native to India. It was grown in many states in India. Now it is grown limited states mainly in Tamil Nadu and Andhra Pradesh.

Uses

A brilliant dark blue dye 'indigo' was extracted from the leaves of several species of Indigofera. The people of Asia, especially India have known the dye for over 4,000 years. It is also used in painting of murals. Indigofera have long been used in Southern India in temple arts and folk arts, popularly known as Kalamkari. Indigo used for dyeing and printing cotton, rayon and wool.

Henna

Botanical name : Lawsonia inermis

Family : Lythraceae

Origin and Area of cultivation: It is indigenous to North Africa and South-west Asia. It is grown mostly throughout India, especially in Gujarat, Madya Pradesh and Rajasthan.

Uses

An orange dye 'Henna' is obtained from the leaves and young shoots of *Lawsonia inermis*. The principal colouring matter of leaves 'lacosone" is harmless and causes no irritation to the skin. This dye has long been used to dye skin, hair and finger nails. It is used for colouring leather, for the tails of horses and in hair-dyes.



Champaran Satyagraha

Indigofera is a very important cash crop among plants cultivated

in India during the British regime. Farmers were forced to cultivate *Indigofera* instead of food crops. Gandhi started satyagraha at Champaran, a village in Bihar in support of farmers. This was the first satyagraha in India by Gandhi. Government accepted 'champaran farmers bill'. Gandhi's first satyagraha in India achieved a great success.

10.8 Cosmetics

Traditionally in Southern India, people have been using turmeric, green gram powder, henna, sigaikai and usilai for their skin and hair care. These were mostly home prepared products that are used for grooming. Today, cosmetics have a high commercial value and have become chemical based industrial products. Providing personal care services has become a major industry. In recent years, people have realized the hazards of chemicalbased cosmetics and are turning back to



Figure 10.18: Naturals Dyes

natural products. In this chapter one of the major plants namely Aloe which is used in the cosmetic industries is discussed.

Aloe

Botanical name : Aloe vera

Family: Asphodelaceae (formerly Liliaceae)

Origin and Area of cultivation: It is a native of Sudan. It is cultivated on a large scale in Rajasthan, Gujarat, Maharashtra, Andhra Pradesh and Tamil Nadu.

Uses

'Aloin' (a mixture of glucosides) and its gel are used as skin tonic. It has a cooling effect and moisturizing



Figure 10.19: Aloe vera

characteristics and hence used in preparation of creams, lotions, shampoos, shaving creams, after shave lotions and allied products. It is used in gerontological applications for rejuvenation of aging skin. Products prepared from aloe leaves have multiple properties such as emollient, antibacterial, antioxidant, antifungal and antiseptic. Aloe vera gel is used in skin care cosmetics.

10.8.1 Perfumes

The word **perfume** is derived from the Latin word **Per** (through) and **fumus** (to smoke), meaning **through smoke**. It refers to the age-old tradition of burning scented woods at religious ceremonies.In early days, when people were less conscious of personal hygiene, essential oils not only masked offensive odours, but also may have acted as antiseptics. Perfumes are added to baths and used for anointing the body.

Perfumes are manufactured from essential oil which are **volatile** and **aromatic**. Essential oils are found at different parts of the plant such as leaves, (curry leaf, mint), flowers (rose, jasmine), fruits (citrus, straw berry) and wood (sandal, eucalyptus).

Jasmine

Botanical name : Jasminum grandiflorum

Family: Oleaceae

Jasmine, as a floral perfume, ranks next to the rose oil. Major species cultivated on the commercial scale is Jasminum grandiflorum, a native of the north-western Himalayas. In Tamil Nadu, the major jasmine cultivation centres are Madurai and Thovalai of Kanyakumari District. The essential oil is present in the epidermal cells of the inner and outer surfaces of both the sepals and petals. One ton of Jasmine blossom yields about 2.5 to 3 kg of essential oil, comprising 0.25 to 3% of the weight of the fresh flower.

Uses

Jasmine flowers have been used since ancient times in India for worship, ceremonial purposes, incense and fumigants, as well as for making perfumed hair oils, cosmetics and soaps. Jasmine oil is an essential oil that is valued for its soothing, relaxing, antidepressant qualities.

Jasmine blends well with other perfumes. It is much used in modern perfumery and cosmetics and has become popular in air freshners, anti-perspirants, talcum powders, shampoos and deodorants.



Madurai Malli

'Madurai Malli' is the pride of Madurai has a distinct reputation universally

because of its uniqueness and has been given the Geographical Indications (GI) mark by the Geographical indication Registry of India. Madurai malli has thick petals with long stalk equal to that of petals and the distinct fragrance is due to the presence of chemicals such as jasmine and alpha terpineol. This makes it easy to distinguish Madurai Malli from other places. This is the second GI tag for Jasmine after 'Mysore Malli'.



Figure 10.20: Perfumes

Rose

Botanical name : *Rosa X damascena* Family: Rosaceae

Origin and Area of cultivation: R.X damascena, has its origin from the Middle East. Major scented rose cultivating states include Rajasthan, Delhi, Haryana, Maharashtra, West Bengal, Karnataka, Andhra Pradesh and Tamil Nadu. Rose oil is one of the oldest and most expensive of perfume oils. The oil is concentrated in the epidermal cells on the inner surface of the petals.The average oil yield is a little less than 0.5 g. from 1000 g. of flowers.

Uses

Rose oil is largely used in perfumes, scenting soaps, flavouring soft drinks, liqueurs and certain types of tobacco, particularly snuff of chewing tobacco.

Rose water (panneer) containing much of phenylethyl alcohol and other compounds in dissolved confectioneries syrups and soft drinks. In India, the water is much used in eye lotions and eye-washes. In addition, it is sprinkled on guests as a ceremonial welcome.

Sandalwood

Botanical name : *Santalum album* Family: Santalaceae

Origin and Area of cultivation: Sandal tree is native of South East Asia. Karnataka and Tamil Nadu are states that possess large natural populations of Santalum album in India. The heart-wood is scented due to the presence of santalol, from which oil is extracted. The oil yield from a wood chips, varies from 4-5% being the highest when distilled from roots (10% of the dry weight).

Uses

Sandalwood oil is a valuable fixative for other fragrances due to the excellent blending properties. More than 90% of the oil is used in the manufacture of scented soaps, talcum powder, face powder, creams, hair oils, hand lotions as well as in perfumery and pharmaceutical industries.

10.9 Traditional Systems of Medicines

India has a rich medicinal heritage. A number of Traditional Systems of Medicine (TSM) are practiced in India some of which come from outside India. TSM in India can be broadly classified into institutionalized or documented and non-institutionalized or oral traditions. Institutionalized Indian systems include Siddha and Ayurveda which are practiced for about two thousand years. These systems have prescribed texts in which the symptoms, disease diagnosis, drugs to cure, preparation of drugs, dosage and diet regimes, daily and seasonal regimens. Non-institutional systems, whereas, do not have such records and or practiced by rural and tribal peoples across India. The knowledge is mostly held in oral form. The TSM focus on healthy lifestyle and healthy diet for maintaining good health and disease reversal.

Siddha system of medicine

Siddha is the most popular, widely practiced and culturally accepted system in Tamil Nadu. It is based on the texts written by 18

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Siddhars. There are different opinions on the constitution of 18 Siddhars. The Siddhars are not only from Tamil Nadu, but have also come from other countries. The entire knowledge is documented in the form of poems in Tamil. Siddha is principally based on the Pancabūta philosophy. According to this system three humors namely Vātam, Pittam and Kapam that are responsible for the health of human beings and any disturbance in the equilibrium of these humors result in ill health. The drug sources of Siddha include plants, animal parts, marine products and minerals. This system specializes in using minerals for preparing drugs with the long shelf-life. This system uses about 800 herbs as source of drugs. Great stress is laid on disease prevention, health promotion, rejuvenation and cure.

Ayurveda system of medicine

Ayurveda supposed to have originated from Brahma. The core knowledge is documented by **Charaka, Sushruta** and **Vagbhata** in compendiums written by them. This system is also based on three humor principles namely, Vatha, Pitha and Kapha which would exist in equilibrium for a healthy living. This system Uses more of herbs and few animal parts as drug sources. Plant sources include a good proportion of Himalayan plants. The **Ayurvedic Pharmacopoeia** of India lists about 500 plants used as source of drugs.

Folk system of medicine

Folk systems survive as an oral tradition among innumerable rural and tribal communities of India. A consolidated study to document the plants used by ethnic communities was launched by the Ministry of Environment and Forests, Government of India in the form of All India Coordinated Research Project on Ethnobiology. As a result about 8000 plant species have been documented which are used for medicinal purposes. The efforts to document in several under-explored and unexplored pockets of India still continue. Major tribal communities in Tamil Nadu who are known for their medicinal knowledge include **Irulas, Malayalis, Kurumbas, Paliyans** and **Kaanis**. Some of the important medicinal plants are discussed below.

10.10 Medicinal Plants

India is a treasure house of medicinal plants. They are linked to local heritage as well as to global-trade. All institutional systems in India primarily use medicinal plants as drug sources. At present, 90% collection of medicinal plants is from the non-cultivated sources. Growing demand for herbal products has led to quantum jump in volume of plant materials traded within and across the countries. Increasing demand exerts a heavy strain on the existing resources. Now efforts are being made to introduce cultivation techniques of medicinal plants to the farmers.

Medicinal plants play a significant role in providing primary health care services to rural and tribal people. They serve as therapeutic agents as well as important raw materials for the manufacture of traditional and modern medicines. Medicinally useful molecules obtained from plants that are marketed as drugs are called Biomedicines. Medicinal plants which are marketed as powders or in other modified forms are known as Botanical medicines. In this chapter you will be learning about a few medicinal plants that are commonly used in Tamil Nadu. All these plants are commonly available in and around dwelling places and can be easily cultivated in home gardens.

Keezhanelli

Botanical name : Phyllanthus amarus

Family : Euphorbiaceae (Now in Phyllanthaceae)

Origin and Area of cultivation: The plant is a native of Tropical American region and is naturalised in India and other tropical countries. It is not cultivated and is collected from moist





Figure 10.21: Medicinal Plants

places in plains. *Phyllanthus maderspatensis* is also commonly sold in the medicinal plant markets collected from non-forest are as keezhanelli.

Active principle: Phyllanthin is the major chemical component.

Medicinal importance

Phyllanthus is a well-known hepato-protective plant generally used in Tamil Nadu for the treatment of Jaundice. Research carried out by Dr. S P Thyagarajan and his team from University of Madras has scientifically proved that the extract of *P. amarus* is effective against hepatitis B virus.

Adathodai

Botanical name : Justicia adhatoda

Family: Acanthaceae

Origin and Area of cultivation: It is native to India and Srilanka. This species is not known in wild in Tamil Nadu but widely cultivated as

a live fence and around temples.

Active principle: Vascin

Uses

Adhatoda possess **broncho dilating** property. The decoction is used in treating many bronchial disorders such as cough, cold and asthma. It is also used in treating fevers. The extract forms an ingredient of cough syrups.

Nilavembu

Botanical name : *Andrographis paniculata* Family : Acanthaceae

Andrographis paniculata, known as the **King of Bitters** is traditionally used in Indian systems of medicines.

Active principle: Andrographolides.

Medicinal importance:

Andrographis is a **potent hepatoprotective** and is widely used to treat liver disorders.

Table 4: Other common Medicinal plants						
S. No	Common Name	Tamil Name	Botanical Name	Family	Plant part used	Medicinal Uses
1	Holy basil	துளசி	Ocimum sanctum	Lamiaceae	Leaves and Roots	The leaves are stimulant, antiseptic, anti- hypertensive and anti-bacterial and expectorant used in bronchitis. Decoction of roots is given as a diaphoretic in malarial fevel.
2	Indian gooseberry	நெல்லி	Phyllanthus emblica	Phyllanthaceae	Fruit	It is a potent rejuvenator and immune modulator. It has a anti-ageing properties. It helps to promote longevity, enhance digestion, treat constipation and reduce fever and cough.
3	Indian Acalypha	குப்பைமேனி	Acalypha indica	Euphorbiaceae	Leaves	Used to cure skin diseases caused by ringworms. Powdered leaves are used to cure bedsores and infected wounds.
4	Vilvam	ഖിல்ഖம்	Aegle marmelos	Rutaceae	Fruit	The unripe fruit is used to treat problems of stomach indigestion. It kills intestinal parasites.
5	Veldt grape	பிரண்டை	Cissus quadrangularis	Vitaceae	Stem and root	Paste obtained from the powdered stem and root of this plant is used in bone fractures. Whole plant is useful to treat asthma and stomach troubles.

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Concoction of *Andrographis paniculata* and eight other herbs (Nilavembu Kudineer) is effectively used to treat malaria and dengue.

Turmeric

Botanical name : *Curcuma longa* Family: Zingiberaceae

Origin and Area of Cultivation: You have already studied the details under the spices.

Active principle: Curcumin.

Medicinal importance:

Curcumin (the yellow colouring principle is the major pharmacologically active compound of turmeric) is well known for its medicinal properties.

It is used to treat **Alzheimer's** disease due to its property to cross over blood brain barrier. It has a very powerful anti-oxidant, anti-cancerous, anti-inflammatory, antidiabetic, anti-bacterial, anti-fungal and anti-



Patenting Of Turmeric

University of Mississippi medical center, USA was granted a patent

for wound healing property of Turmeric in 1995. The patent was granted both for oral and topical applications and provides an exclusive right to sell and distribute. Since the use of turmeric to heal wounds is a common domain knowledge in India, the Government of India has decided to fight against the patent through the Indian Council for Scientific and Industrial Research (CSIR). CSIR collected documentary evidences from various literature to prove that the knowledge on wound healing property of turmeric existed in India for a long time and provided the evidences to the United States Patent and Trade mark Office (USPTO). Based on the evidences the patent was revoked by USPTO. Hence the traditional knowledge (TK) on turmeric was safeguarded from Bio piracy.

viral properties. It is one of the traditional medicines used for wound healing.

Psychoactive Drugs

In the above chapter you have learnt about plants that are used medicinally to treat various diseases. Phytochemicals / drugs from some of the plants alter an individual's perceptions of mind by producing hallucination are known as psychoactive drugs. These drugs are used in all ancient culture especially by Shamans and by traditional healers. Here we focus on two such plants namely Poppy and Marijuana.

Opium poppy

Botanical name : *Papaver somniferum*

Family: Papaveraceae

Origin and Area of cultivation: *Opium poppy* is native to South Eastern Europe and Western Asia. Madhya Pradesh, Rajasthan and Uttar Pradesh are the licenced states to cultivate opium poppy.

Opium is derived from the exudates of fruits of poppy plants. It was traditionally used to induce sleep and for relieving pain. Opium yields **Morphine**, a strong analgesic which is used in surgery. However, opium is an addiction forming drug.

Cannabis / Marijuana

Botanical name : *Cannabis sativa* Family: Cannabiaceae

Origin and Area of Cultivation: Marijuana is native to China. States such as Gujarat, Himachal Pradesh, Uttarkand, Uttarpradesh and Madhaya Pradesh have legally permitted to cultivate industrial hemp/Marijuana

The active principle in Marijuana is **trans-tetrahydrocanabinal** (THC). It possess a number of medicinal properties. It is an effective pain reliever and reduces hypertension. THC is used in treating **Glaucoma** a condition in which pressure develops in the eyes. THC is also used in

reducing nausea of cancer patients undergoing radiation and chemotherapy. THC provides relief to bronchial disorders, especially asthma as it dilates bronchial vessels. Because of these medicinal properties, cultivation of cannabis is legalized in some countries. However, prolonged use causes addiction and has an effect on individual's health and society. Hence most of the countries have banned its cultivation and use.



Narcotics Control Bureau (NCB)

Drugs come in various forms and can be taken

in numerous ways. Some are legal and others are not. Drug abuse and misuse can cause numerous health problems and in serious cases death can occur.

The Narcotics Control Bureau (NCB) is the nodal drug law enforcement and

intelligence agency of India and is responsible for fighting drug trafficking and the abuse of illegal substances.



10.11 Entrepreneurial Botany

Entrepreneurial Botany is the study of how new businesses are created using plant resources as well as the actual process of starting a new business. An **entrepreneur** is someone who has an idea and who works to create a product or service that people will buy, by building an organization to support the sales. **Entrepreneurship** is now a popular topic for higher secondary students, with a focus on developing ideas to create new ventures among the young people.

Vast opportunities are there for the students of Botany. In the present scenario students should acquire ability to merge skills and knowledge in a meaningful way. Converting botanical knowledge into a business idea that can be put into practice for earning a livelihood is the much-needed training for the students.

This part of chapter is aimed to help the students to acquire such skills with practical knowledge to start a few activities of entrepreneurship.

10.11.1 Mushroom cultivation

Malnutrition caused by the lack of adequate protein and other nutrients in daily diet of people is becoming a major health hazard in developing countries. Under such circumstances, mushroom being a rich source of protein and other nutrients can be a part and parcel of every day's food.

Mushrooms are the **fruiting body** of edible fungi and is the most priced commodity among vegetables, not only because of its nutritive value but also for

its characteristic aroma and flavor. Mushrooms are also called white vegetable. Mushroom cultivation has great scope in India and in other developing countries. Mushroom cultivation activities can play important an



Figure 10.22: Mushroom Cultivation

role in supporting the local economy. Selling mushroom in a local market form a source of additional income to the family.

Steps involved in mushroom cultivation

- The straw used for composting should be ripe and golden-yellow in colour. It should be cut into 2-4 inches and properly sterilized.
- The culture space should be clean and the ventilators and windows should be covered with fine wire mesh to prevent the entry of flies and birds.

- The culture space should be sprayed with 0.1% Nuvan and 5% Formalin, two days prior to spawning and transferring to bags to cropping rooms.
- The spawn used for mushroom should be free from contaminations. Bags should be filled with 8 kg of wet straw.
- During spawning running temperature and relative humidity should be maintained 20°C to 30°C, 75 to 85% respectively.
- Proper watering should be done when the growth coverings are removed. There should not be dry patches on blocks. Excess watering must be avoided.
- About 20 cm gap should be maintained in between two bags or blocks.
- Picking must be done as their caps become 10 12 cm by twisting.

Two kinds of mushrooms are cultivated namely **button** and **oyster**.

10.11.2 Single Cell Protein (SCP) Production

Single-cell proteins are the dried cells of microorganism, which are used as protein supplement in human foods or animal feeds. Microorganisms that can be used for the production of SCP have the capacity to synthesize proteins rapidly than higher living organisms. Microorganisms like algae, fungi, yeast and bacteria are used for this purpose. Here you will learn about the production of SCP from an algae, *Spirulina*.



Figure 10.23: Production of Spirulina

Small scale biomass production of Spirulina.

It requires an aquarium, air pump, nutrients and *Spirulina* mother culture.

- Take a 30 litre capacity aquarium and fill half of it with water.
- Check if any heavy metal concentration or fluorine or calcium carbonate in water.
- Fill the tank with water and add nutrients preferably **zarrouk medium**. (Add half of the required nutrients first and add another half later).
- To aerate the culture, fix the air pump (avoid centrifugal pump) after adding nutrients.
- Add the mother culture to the aquarium. For every 1 liter of water add 4 gm. mother culture.
- Place it in sunlight for 10-12 hrs. every day.
- After a week check the culture and add more water leave it for one more week, till the biomass becomes dark green.
- Use a very fine cloth and harvest the algae.
- Water can be reused in aquarium.
- Dry the algae for later use.

Single cell protein has a high nutritive value due to higher protein, vitamin, essential amino acids and lipid content. Hence it can form a good protein supplement. However it cannot completely replace the conventional protein sources due to their high nucleic acid content and slower in digestibility. They may result in allergic reactions.

10.11.3 Seaweed Liquid Fertilizer

Seaweed is rich in trace elements and potassium, which makes it ideal to add to compost in its raw state, to work in as a mulch, or to create a liquid fertilizer. This is easy to do. Seaweed fertilizer releases about 60 nutrients from which plants can benefit.

- Collect the seaweed that is not too stinky.
- Rinse the seaweed to remove the excess salt.
- Fill a bucket to three quarters way with

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water. Add as much seaweed as will fit and leave to soak.

- Stir the seaweed mix every two to four days.
- Allow to soak for several weeks to months. So that the fertilizer grows stronger and stronger over time. (Make sure to keep the brew somewhere so that its odour will not affect the daily household.)
- It is ready for use once it no longer carries a smell of ammonium.
- When it is ready, use as a fertilizer for plants and garden beds (soil). (It should be diluted with water at a minimum of three parts to one).

Liquid seaweed extract enhances healthy growth of plants, flowers and vegetables. Regular use will help plants to withstand environmental stress, pests and disease attack. It can be used as a foliar spray for fruit, flower, vegetable crops as well as for shrubs and trees. It stimulates healthy growth for all plants.

10.11.4 Organic farming

Organic farming is an alternative agricultural system in which plants/crops are cultivated in natural ways by using biological inputs to maintain soil fertility and ecological balance thereby minimizing pollution and wastage. Indians were organic farmers by default until the green revolution came into practice.



Avoid spraying the plants during the sunny times of the day since it could burn plants. Many other plants possess insect repellent or insecticidal properties. Combinations of these plants can be fermented and used as biopesticide.

Figure 10.24: Preparation of organic pesticide

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Use of biofertilizers is one of the important components of integrated organic farm management, as they are cost effective and renewable source of plant nutrients to supplement the chemical fertilizers for sustainable agriculture. Several microorganisms and their association with crop plants are being exploited in the production of biofertilizers. Organic farming is thus considered as the movement directed towards the philosophy of **Back to Nature.**

I. Organic Pesticide

Pest like aphids, spider and mites can cause serious damage to flowers, fruits, and vegetables. These creatures attack the garden in swarms, and drain the life of the crop and often invite disease in the process. Many chemical pesticides prove unsafe for human and the environment. It turns fruits and vegetables unsafe for consumption. Thankfully, there are many homemade, organic options to turn to war against pests.

Preparation of Organic Pesticide

Refer figure: 10.24

II. Bio-pest repellent

Botanical pest repellent and insecticide made with the dried leaves of *Azadirachta indica*

Preparation of Bio-pest repellent

- Pluck leaves from the neem tree and chop the leaves finely.
- The chopped up leaves were put in a 50-liter container and fill to half with water; put the lid on and leave it for 3 days to brew.
- Using another container, strain the mixture which has brewed for 3 days to remove the leaves, through fine mesh sieve. The filtrate can be sprayed on the plants to repel pests.
- To make sure that the pest repellent sticks to the plants, add 100 ml of cooking oil and the same amount of soap water. (The role of

the soap water is to break down the oil, and the role of the oil is to make it stick to the leaves).

• The stewed leaves from the mixture can be used in the compost heap or around the base of the plants.



10.11.5 Terrarium

Can portable miniature indoor greenery be commercially sold?

A terrarium is a collection of small plants growing in a transparent, sealed container. Terrariums are easy to make, low maintenance gardens, and it can survie indefinitely with minimal water.

How to make a terrarium?

Prepare the Container: Collect whatever interesting glassware you have or source your container from a store and clean it thoroughly. Plan how to arrange the plants inside the glassware.

Add Drainage Layers: To create a false drainage layer, fill the bottom with pebbles so that water can settle and does not flood. The depth of the pebbles depends on the size of the container.

Add the Activated Charcoal: Cover the pebbles with charcoal to improve the quality of the terraria by reducing bacteria, fungi and odors.

Add Soil: Add enough soil so that the plant roots will have enough space to fit and grow.



Plant: Select the desired plant such as, *Caralluma spp*, *Asperagus spp*, *Portulaca spp*, *Begonia spp*, and *Chlorophytum spp*; trim the roots if they are too long. Dig a pit using a stick, and place the plants' roots in it. Add more soil around the top

and compact the soil down around the base of the plant. Place little plants in the container and try to keep them away from the edges of the container, so that the leaves do not touch the sides. After planting add accessories like a layer of moss (dried or living), little figurines (old toys, glass beads, stones) or a layer of miniature rocks. This is the little green world

Cleaning and Watering: Wipe if there is any dirt along the sides of the container. Give the terrarium a little bit of water and enjoy the beautiful miniature living world on your table or in your living room.

Ready made terrariums can fetch a good price as indoor garden objects or as gift articles.



Figure 10.25: Terrarium



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10.11.6 Cultivation of Medicinal and Aromatic Plants

Globalization has brought opportunities and challenges in all business sectors. Government of India has identified medicinal and aromatic plants as one of the sectors that can make India a global leader in the 21st century owing to the treasure of about 8,000 medicinal and 2,500 aromatic plants that can provide large number of consumer products with national and international demand. Medicinal plants synthesize a number of secondary metabolites with pharmacological properties through secondary metabolism. The chemicals isolated from medicinal plants are used in traditional and biomedicine systems to treat diseases of both humans and animals. But most of the medicinal and aromatic plants are still wild collecting.

Central Institute of Medicinal and Aromatic Plants (CIMAP) has developed a number of high yielding varieties and processing technologies to promote cultivation of medicinal and aromatic plants. Profitable cultivation of medicinal plants can be practiced by the entrepreneurs along with traditional agriculture horticulture crops. They can be profitably intercropped in plantations. Cultivation of medicinal/aromatic plants offers following advantages:

- Generate employment through development of ancillary industries.
- Foreign exchange earnings through exports.
- Crops are not damaged by domestic animals or by birds.
- Technologies are farmer and eco-friendly.
- I. Cultivation of Medicinal Plant *Gloriosa* superba

Economically useful part – Seed, Rhizome.

Major constituents - Colchicine (0.5-0.7%) and Colchicoside

Uses - Cures gout, anti-inflammatory, anticancer.

National Medicinal Plants Board (NMPB)

Government of India has set up National Medicinal Plants Board (NMPB) on 24th November 2000. Currently this board is working under AYUSH Government of India. Developing an apt mechanism for coordination of various ministries and implementation of policies for overall growth of medicinal plant sector both at central / state and international level is the primary mandate of NMPB. It focusses on in-situ and ex-situ conservation and enhancing local medicinal plants and aromatic species of medicinal significance to meet the growing demand.



Figure 10.26: Gloriosa superba

Soil and Climate: Red loamy soils are well suited for cultivation. Glory lily is cultivated in Tamil Nadu mainly in the parts of Tirupur, Dindigul, Karur and Salem districts covering an area of 2000 hectare.

Planting: Planting is distributed from June – July. **P**lough the field 2 -3 times and add 10 tons of Farmyard Manure during last ploughing. Trenches of 30 cm depth are formed and tubers are planted at 30 – 45 cm spacing. The vines are trained over support.

Irrigation: Irrigation should be given immediately after planting. Subsequent irrigation is given at 5 days intervals of time.

Harvest: Pods are harvested at 160 – 180 days.

CSIR Aroma Mission of India

The Council of Scientific and Industrial Research (CSIR) has Catalyzing Rural Empowerment through Cultivation, Processing, Value Addition and Marketing of Aromatic Plants". This program contributed significantly in the has development, nurturing and positioning of essential oil-based aroma industry in the country. This has led to creation of an ecosystem benefitting the industry, farmers and next generation entrepreneurs. The activities are pursued in a synergistic mode with the organization in public and private set ups. This program has also paved way for developing entrepreneurship in different parts of the country through cultivation and commercial utilization of aromatic crops.

II. Cultivation of Aromatic plant Cymbopogon citratus(Lemongrass)

Lemongrass is a tropical herb packed with strong citrus flavor. The lemon taste is prized in Asian cooking, as well as in tea, sauces, and soups.



Figure 10.27: Lemon grass

Economic part: Stem base and leaves.

Major constituents: Citronella, geraniol and citronellol.

Uses: The aromatic oil has flavouring properties and is used in perfumery, cosmetics, confectionary, beverages, mosquito repellents and toilet cleaners.

Soil and Climate: Lemongrass grow well in

full sun, with plenty of water, in a rich, well-draining soil.

Planting: This plant can thrive well all through the year. Fill planting holes with composted manure to improve fertility and enhance the soil's ability to hold water. If you're adding several lemongrass plants to planting beds, space plants 60 cm apart.

Irrigation: Water requirements for this plant will vary dependent upon the type of soil they grow. Sandy, loose soils require more frequent watering than silty loam.

Harvest: Start harvesting as soon as plants are 30 cm tall and stem bases are at least 1.5 cm thick. Cut stalks at ground level.

Summary

Early civilization in different parts of the world has domesticated different species of plants for various purposes. Based on their utility, the economically useful plants are classified into food plants, fodder plants, fibre plants, timber plants, medicinal plants, and plants used in paper industries, dyes and cosmetics.

However, food base of majority of the population depends on very few Cereals, Millets, Pulses, Vegetables, Fruits, Nuts, Sugars, Oil seeds, Beverages, Spices and Condiments.

Oils can be classified into two types namely, essential oils and vegetable oils. Fatty acids in oil may be saturated or unsaturated. The oil yielding plants are groundnut, sesame, sunflower, coconut and mustard. The oils are used in cooking, making soaps and other purposes. Beverages contain alkaloids that stimulate central nervous system. Non alcoholic beverages are coffee, tea and cocoa. Spices were used throughout the world for several years. Cardamom is 'Queen of Spices' used for flavouring confectionaries and beverages. Black pepper is King of Spices.

Botanically a fibre is a long, narrow, thick walled cell. It is classified based on uses: textile fibres, brush fibres, plaiting fibres and

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filling fibres. Cotton, Jute and Coconut are fibre yielding plants. Teak, Rosewood, and Ebony are woods used for making furniture. Rubber is produced from the latex of Hevea brasiliensis. Paper production is a Chinese invention. Dyes have been used since ancient times. Indigo was extracted from the leaves of Indigofera. The orange dye henna is from the leaves of Lawsonia. Cosmetics have a high commercial value and have become chemical based industrial products. Perfumes are volatile and aromatic in nature, manufactured from essential oils which are found at different parts of the plant. Medicinal plants serve as therapeutic agents. Medicinally useful molecules obtained from these plants are marketed as drugs are called Biomedicines. Whereas phytochemicals from some of the plants which alter an individual's perceptions of mind by producing hallucination are known as psychoactive drugs. Thus plantsplay a vital role in the lives of people throughout the world.

Entrepreneurial Botany is the study of how new businesses are created using plant resources as well as the actual process of starting a new business. Mushrooms are the fruiting body of edible fungi and is the most priced commodity among vegetables.

Single-cell proteins are the dried cells of microorganism, which are used as protein supplement in human foods or animal feeds. Microorganisms like algae, fungi, yeast and bacteria are used for this purpose.

A terrarium is a collection of small plants growing in a transparent, sealed container. Bonsai is the art and science of dwarfing and shaping of a tree. Specialty materials like essential oils and pharmaceuticals, are obtained from plants. Many species of medicinal and aromatic plants (MAPs) are cultivated for such industrial uses, but most are still wild collected.

Evaluation

- Consider the following statements and choose the right option.
 - i) Cereals are members of grass family.
 - ii) Most of the food grains come from monocotyledon.
 - a) (i) is correct and (ii) is wrong
 - b) Both (i) and (ii) are correct
 - c) (i) is wrong and (ii) is correct
 - d) Both (i) and (ii) are wrong
- 2. Assertion: Vegetables are important part of healthy eating.

Reason: Vegetables are succulent structures of plants with pleasant aroma and flavours.

- a) Assertion is correct, Reason is wrong
- b) Assertion is wrong, Reason is correct
- c) Both are correct and reason is the correct explanation for assertion.
- d) Both are correct and reason is not the correct explanation for assertion.
- 3. Groundnut is native of ______
 a) Philippines b) India
 c) North America d) Brazil
- 4. Statement A: Coffee contains caffeine Statement B: Drinking coffee enhances cancer
 a) A is correct, B is wrong
 b) A and B – Both are correct
 c) A is wrong, B is correct
 - d) A and B Both are wrong
- 5. This is an example of brush fibre yielding planta) Cyperusb) Neem
 - c) Cotton d) Palm
- 6. *Tectona grandis* is coming under familya) Lamiaceaeb) Fabaceae
 - c) Dipterocaipaceae e) Ebenaceae

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- 7. *Tamarindus indica* is indigenous to
 - a) Tropical African region
 - b) South India, Sri Lanka
 - c) South America, Greece
 - d) India alone
- 8. New world species of cotton
 - a) Gossipium arboretum
 - b) G.herbaceum
 - c) Both a and b
 - d) G.barbadense
- 9. Assertion: Turmeric fights various kinds of cancer

Reason: Curcumin is an anti-oxidant present in turmeric

- a) Assertion is correct, Reason is wrong
- b) Assertion is wrong, Reason is correct
- c) Both are correct
- d) Both are wrong
- 10. Find out the correctly matched pair.
 - a) Rubber Shorea robusta
 - b) Dye Indigofera annecta
 - c) Timber *Cyperus papyrus*
 - d) Pulp Hevea brasiliensis
- 11. Find out the wrongly paired one
 - a) Burma teak Tectona grandis
 - b) Rosewood Dalbergia sp.
 - c) Ebony Diaspyros eberum
 - d) Henna Shorea robusta
- 12. Observe the following statements and pick out the right option from the following:Statement I Perfumes are manufactured from essential oils.

Statement II – Essential oils are formed at different parts of the plants.

- a) Statement I is correct
- b) Statement II is correct
- c) Both statements are correct
- d) Both statements are wrong
- 13. Observe the following statements and pick out the right option from the following:

Statement I: The drug sources of Siddha include plants, animal parts, ores and minerals.

Statement II: Minerals are used for preparing drugs with long shelf-life.

- a) Statement I is correct
- b) Statement II is correct
- c) Both statements are correct
- d) Both statements are wrong
- 14. Select the mismatch.

a) Andrographis	-	hepato protective
b) Adhatada	_	broncho dialator
c) Phyllanthus	_	anti-diabetic
d) Curcumin	_	anti-oxidant

- 15. The active principle trans-tetra hydro canabial is present in
 - a) Opium b) Curcuma
 - c) Marijuana d) Andrographis
- 16. Which one of the following matches is correct?
 - a) Palmyra Native of Brazil
 - b) Saccharun Abundant in Kanyakumari
 - c) Steveocide Natural sweetener
 - d) Palmyra sap Fermented to give ethanol
- 17. The only cereal that has originated and domesticated from the New world.
 - a) Oryza sativab) Triticum asetumnc) Triticum duramd) Zea mays
- 18. Which of the following statement(s) is/are correct?
 - i. Mushrooms are the fruiting body of edible fungi.
 - ii. Single-cell proteins are the dried cells of macro organism.
 - iii. Regular use of liquid seaweed fertilizer will help plants to withstand environmental stress.
 - iv. SCP can completely replace the conventional protein sources.
 - A. (i) and (ii), B. (i) and (iii),
 - C. (i) and (iv), D. (i) alone

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- 19. Select the incorrect pair/pairs of statements about single cell protein
 - i. Chemical pesticides Safe for human and the environment
 - ii. Mushrooms White vegetable
 - iii. Zarrouk medium- Culture medium
 - iv. Seaweed Rich in potassium
 - A. (i) and (ii), B. (i) and (iv),
 - C. (i) and (iii), D. (i) alone
- 20. Match the following pairs about mushroom cultivation.
 - A. Straw size (i) 75-85% B. Distant between blocks (ii) 20 cm C. Cap size at harvesting (iii) 2-4 inch D. Relative humidity (iv) 10-12 cm A. A-(ii), B-(ii), C-(iv), D-(i) B. A-(iii), B-(ii), C-(iv), D-(i) C. A-(ii), B-(iii), C-(iv), D-(i) D. A-(i), B-(iii), C-(ivi), D-(iv)
- 21. Assertion: In *Spirulina* culture, half of the required nutrie nts added first and the rest in later.

Reason: If all the nutrients are added first, it will affect the culture growth.

- (a) Both A and R are true and R is the correct explanation of A.
- (b) Both A and R are true but R is not the correct explanation of A.
- (c) A is true but R is false.
- (d) Both A and R are false.
- 22. Write the cosmetic uses of *Aloe*.
- 23. What is pseudo cereal? Give an example.
- 24. What are cucurbits? Why it is considered as an important summer vegetable?
- 25. Which fruit is rich in potassium? Mention its economic importance.
- 26. Discuss which wood is better for making furniture.
- 27. A person got irritation while applying chemical dye. What would be your suggestion for alternative?

- 28. Name the humors that are responsible for the health of human beings.
- 29. Give definitions for organic farming?
- 30. Define bonsai?
- 31. What is terrarium?
- 32. Which is called as the "King of Bitters"? Mention their medicinal importance.
- 33. Differentiate bio-medicines and botanical medicines.
- 34. Write the origin and area of cultivation of green gram and red gram.
- 35. What are millets? What are its types? Give example for each type.
- 36. Write the economic importance of *Lycopersicon esculentum*.
- 37. If a person drinks a cup of coffee daily it will help him for his health. Is this correct? If it is correct, list out the benefits.
- 38. Enumerate the uses of turmeric.
- 39. What is TSM? How does it classified and what does it focuses on?
- 40. What are the advantages of cultivation of aromatic plants?
- 41. How will you make a Bonsai tree
- 42. What is NMPB?
- 43. Write the uses of nuts you have studied.
- 44. Give an account on the role of *Jasminum* and *Rosa* in perfuming.
- 45. Give an account of active principle and medicinal values of any two plants you have studied.
- 46. Write the economic importance of rice.
- 47. Which TSM is widely practiced and culturally accepted in Tamil Nadu? explain.
- 48. What are psychoactive drugs? Add a note *Marijuana* and *Opium*
- 49. Describe the types of fibres.
- 50. What are the King and Queen of spices? Explain about them and their uses.

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- 51. How will you prepare an organic pesticide for your home garden with the vegetables available from your kitchen?
- 52. What will you do if you want to make a portable indoor greenery?
- 53. Give an account on cultivation of *Gloriosa superba* / *Cymbopogon citrates*

Glossary

Term: Description

Lubricant: Oily substance reduces friction.

Odour: Smell (pleasant or unpleasant).

Diuretic: Substance that promote urine production

Cirrhosis: A chronic liver disease typically caused by alcoholism or hepatitis.

Antioxidant: A substance that scavenges free radicals.

Carminative: A drug causing expulsion of gas from the stomach or bowel.

Malnutrition: Deficiencies, excesses or imbalances in a person's intake of energy and / or nutrients

Spawn: Mycelium especially prepared for propagating mushrooms

Aromatic crops: Plants that produce aromatic oils.

Perfumery: The art or process of making perfume

Cosmetics: substances or products used foe personal grooming.

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confectionary: a place where confections/ sweets are kept or made

Anti-inflammatory: the property of a substance or treatment that reduces swelling.

Alzheimer's disease: A type of dementia that causes problems with memory, thinking and behavior

Ethnobiology: Ethnobiology is the study of relationships between peoples and plants.

Pharmacopoeia: Is a book containing directions for the identification of compound medicines, and published by the authority of a government or a medical or pharmaceutical society.

Fixative: A substance used to reduce the evaporation rate and improve stability when added to more volatile components.

Antiperspirant: Products whose primary function is to inhibit perspiration / sweat

Seasoning: The processing of food with spices and condiments to enhance the flavour.