

# Abelmoschus esculentus: A Nutritional Bank For Anti Hyperlipidemic Formulations

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**Abstract:** *This review explores the botanical, nutritional, and medicinal aspects of Abelmoschus esculentus, commonly known as okra. Emphasizing its cultural and culinary significance, the paper delves into the plant's morphology, phytochemical composition, and potential health benefits. Additionally, it discusses the challenges and opportunities associated with okra cultivation, aiming to provide a comprehensive overview of this versatile and nutritious vegetable*

**Keywords:** Okra, phytochemical, nutrients, vitamin, minerals

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