

Neutraceutical Potential of Edible Flowers

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Abstract: *The increasing interest in nutraceuticals has exaggerated exploration into new foods that have positive effects on human wellbeing. Even more we see edible flowers as a new way of nutritional health. Edible flowers are a very good source of valuable nutrients, which improves our health. People are eating vegetables in the form of leaves as well as flower. In present study, author have tried to analyse various phytochemical from edible flowers (Sasbania grandiflora L., Moringa oleifera Lam., Musa paradisiaca L.) We investigated the Proximate parameters and mineral content of edible flower. Results showed that It is found that the major groups of dietary phytochemicals in edible flowers include flavonoids, phenolic acids, and anthocyanins and they are capable of exerting antioxidant, anti-inflammatory, anti-diabetic, anticancer, cardioprotective, hepatoprotective gastroprotective, and genoprotective effects. Taking into consideration the current recommended dietary allowances (RDAs), these flowers could contribute in beneficial way to the human diet. This article helps to popularize the edible flowers among consumers and food industry which are very potent source of nutraceutical compounds.*

Keywords: Edible flowers, nutrition, bioactive compound