



The importance of Green Leaves to Health



ZOOLOGY

PROJECT

WORK

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By  
O. Venu  
11<sup>nd</sup> BSc (BZC)



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# The importance of Green Leaves to Health:

It is no small wonder then that green leaves are so very extremely beneficial to the health.

## 1. vital life energy:

your vital life energy. when you eat a leaf you are taking into your body & into your very being that wonderful source of energy and vitality that powers life on earth. "It is no coincidence that the haemoglobin molecules responsible for carrying oxygen in our blood and distributing it to all our cells, as well as pick up  $CO_2$  and taking it back to the lungs is very similar in structure to that of chlorophyll.

## 2. vitamins and minerals:

of all the many foods, green leaves are actually the richest in vitamins and minerals. The reason for this is that these nutrients are also required in photosynthesis

1. The release of energy from food.
2. Maintaining the immune system.

Green leaves are richest sources of carotene, vitamin-A.

carotene is also found in orange or yellow fruits or vegetables such as apricots and rosehips.



vitamin C is very important for the function of immune system, and it is an antioxidant vitamin.

vitamin D not from the leaves, but we can make our own if we regularly expose our skin to some sunlight. cause skin damage or even cancer.

vitamin E (another antioxidant vitamin)

vitamin K (essential for blood clotting)

vitamin F which are some times known as

Bioflavonoids. it contain green coloured pigment called chlorophyll.

### 3. Essential fatty acids:

Essential fatty acids leaves are very low in contains fats, consist of essential fatty acids linoleic acid and alpha-linolenic acid. These are very essential for the health of immune system.

### 4. proteins:

Green leaves contain a fair amount of top quality protein, the leaf protein is actually in the form of prote enzymes (biological catalysts).

"Leaf for life".

### 5. Fibre:

fibre leaves are an excellent source of healthy fibre. Lack of fibre causes pain, constipation and disease.

## 6. Medicines:

Medicines in addition to using green leaves as food, specific green leaves make excellent natural medicines. Leaves generally are very cleansing, healing, soothing and revitalising as well as being very nourishing. A leaf juice is excellent nutritional supplement.

Let food be your medicine and medicine be your food said by Hippocrates father of medicine. Specific leaves are good for specific things.



# OBJECTIVES OF LEAVES:



Leaves main function are photosynthesis and gas exchange. A leaf is often flat, so it absorbs the most light, and thin, so that the sunlight can get to the chloroplasts in the cells. Most leaves have stomata, which open and close. They regulate carbon dioxide, oxygen and water vapour exchange with the atmosphere.

Other functions of leaves:

- wastes from metabolic processes, accumulate in leaves and are disposed of when leaves are shed.
- play major role in movement of water absorbed by roots.
- Transpiration - occurs when water evaporates from leaf surface.

Guttation - Root pressure forces water out through hydathodes at tips of leaf veins in some plants.





## DWARF COPPER :

Kingdom : plantae  
order : Caryophyllales  
family : Amaranthaceae  
subfamily : Gamphrenoideae  
Genus : Alternanthera  
species : A. sessilis

1. In some places the leaves, flowers and tender stems are consumed as vegetables.
2. As a herbal medicine, the plant has diuretic, cooling, tonic and laxative properties.
3. It has been used for the treatment of dysuria and haemorrhoids.
4. The plant is also believed to be beneficial for the eyes, and is used as an ingredient in the making of medicinal hair oils and kajal.





DWARF COPPER:





## CURRY LEAVES :

1. In Ayurveda - an ancient form of natural medicine. Curry leaves have been used as a herb to treat health problems such as diabetes.
2. Curry leaves have anti-hyperglycaemic properties which help to control blood glucose levels.
3. This works best when the curry leaves are mashed into a paste with a little lime juice. This is eaten in the morning on an empty stomach.
4. The leaves contain powerful antioxidants and vitamins which reduce oxidative stress on the body.
5. This helps to not only regulate weight but also increase the amount of nutrient your body absorbs.





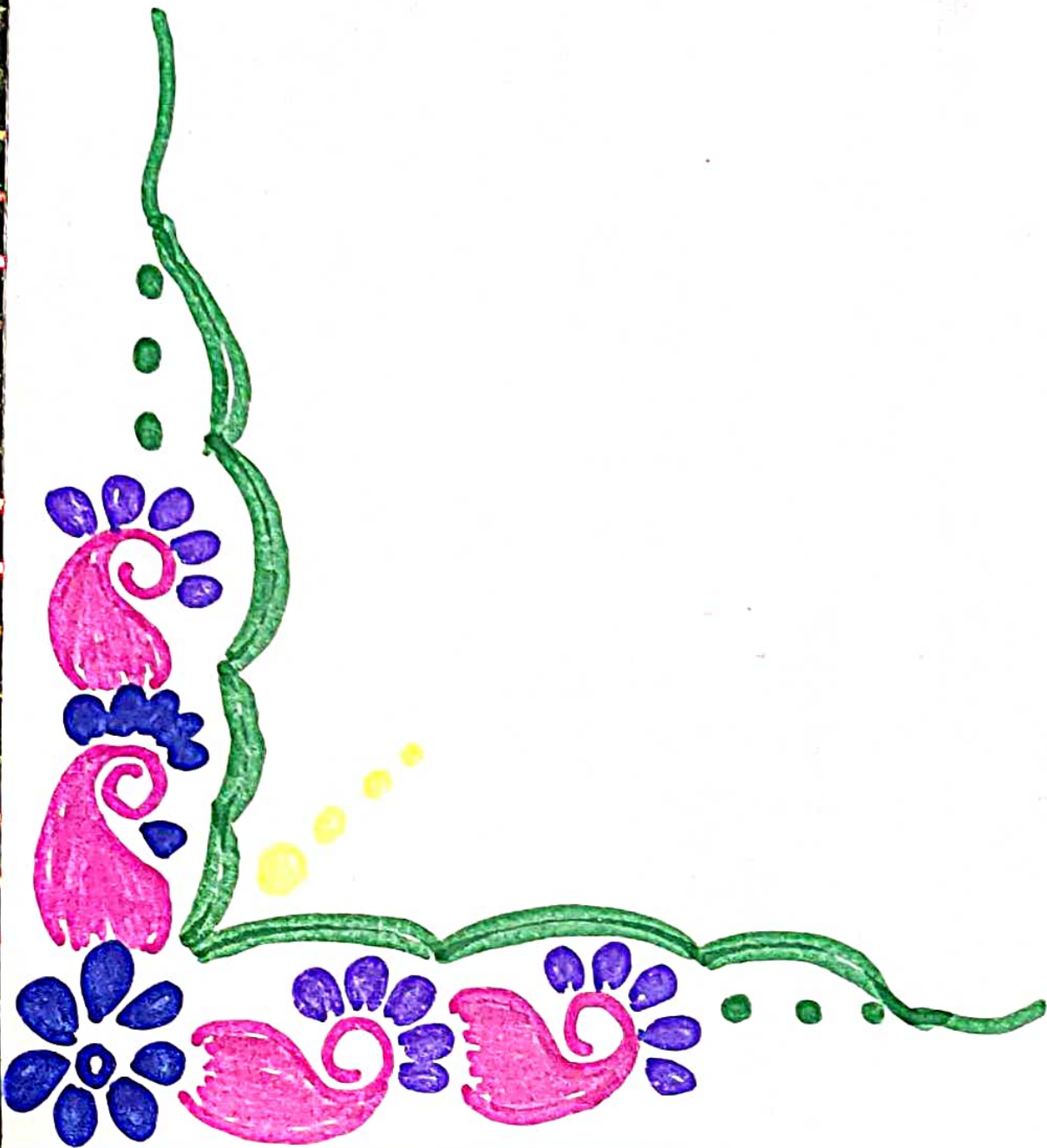
CURRY LEAVES:





## MANATHALI KEERAI :

1. Manathali Keerai is the Indian Black Night shade plant. It is a fairly common herb and has a number of medicinal properties.
2. In India, it is a commonly used culinary ingredient and can be referred to as berry tomatoes.
3. It will relief from cough, colds and treatment of mouth ulcers, liver ailments etc.





Manathali

keerai :





## DRUMSTICKS LEAVES :

1. Moringa is also used to reduce swelling, increase sex drive, prevent pregnancy, boost the immune system and increase breast milk production. Some people use it as a nutritional supplement or tonic. Moringa is sometimes applied directly to the skin as a germ-killer or drying agent.

2. We can reduce heart disease, high blood pressure, kidney stones, obesity, overactive thyroid, skin infections, snake bites, heart failure and fluid buildup in the body and other conditions.





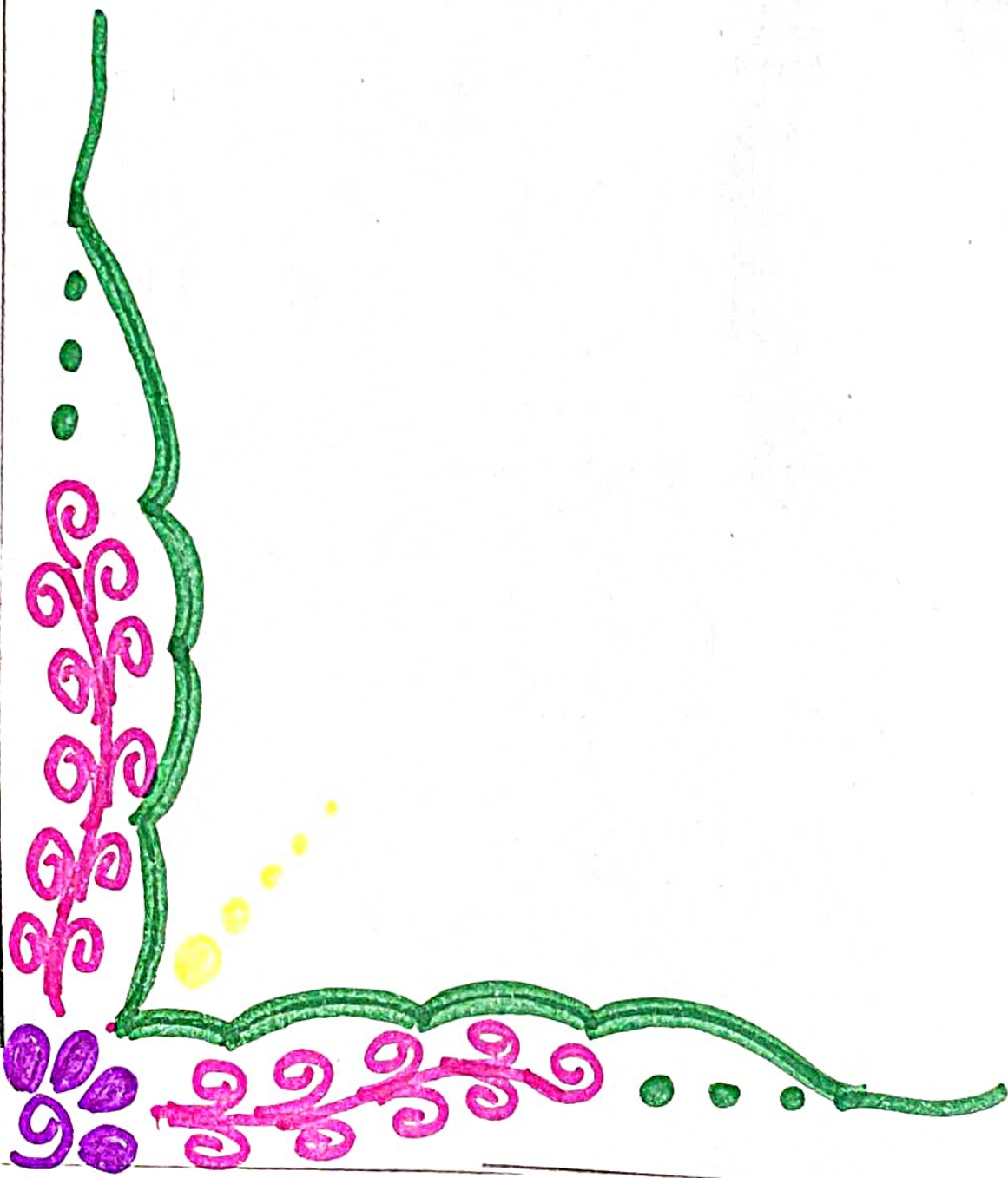
Mitunga keerai (Drumstick  
leaves)





## SIRU KEERAI :

1. Siru Keerai help you to reduce leg swelling, body heat, blood purification and urine problems.
2. It has a power of curing poisons, insect bites, Trach, gallbladder disease, phthisis, eye diseases, wounds, strangury and food poisoning are cured by adding Tropical amaranth (Siru Keerai). The laxative, diuretic and refrigerant properties are present in it.





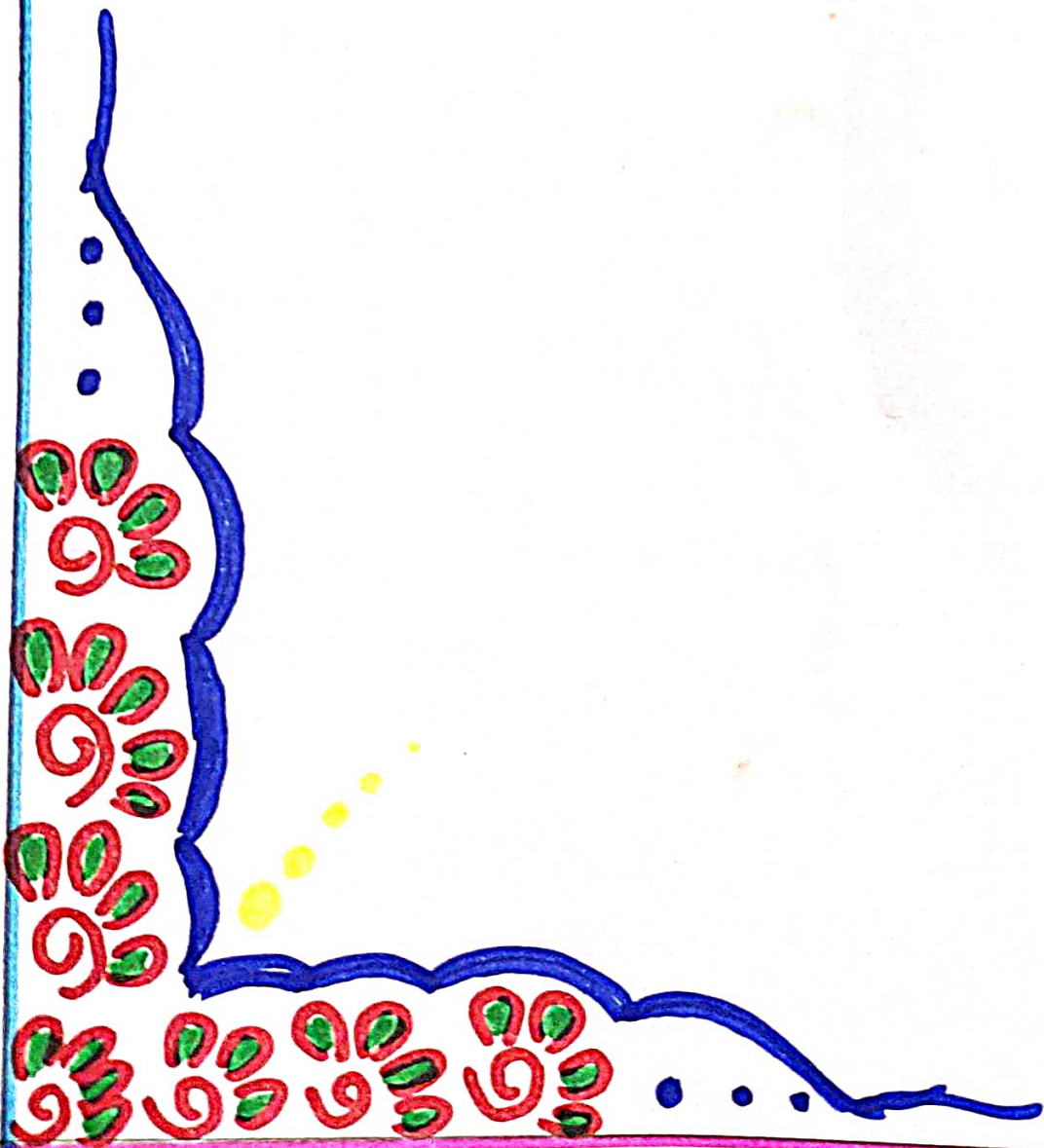
Siyu keeyai





## KEERAI VAGAIGAL :

1. This keerai vagaigal Spinach health  
wonders that are absent in fruits  
and vegetables.





keerai vagaijal :

(thotakura)





## MINT :

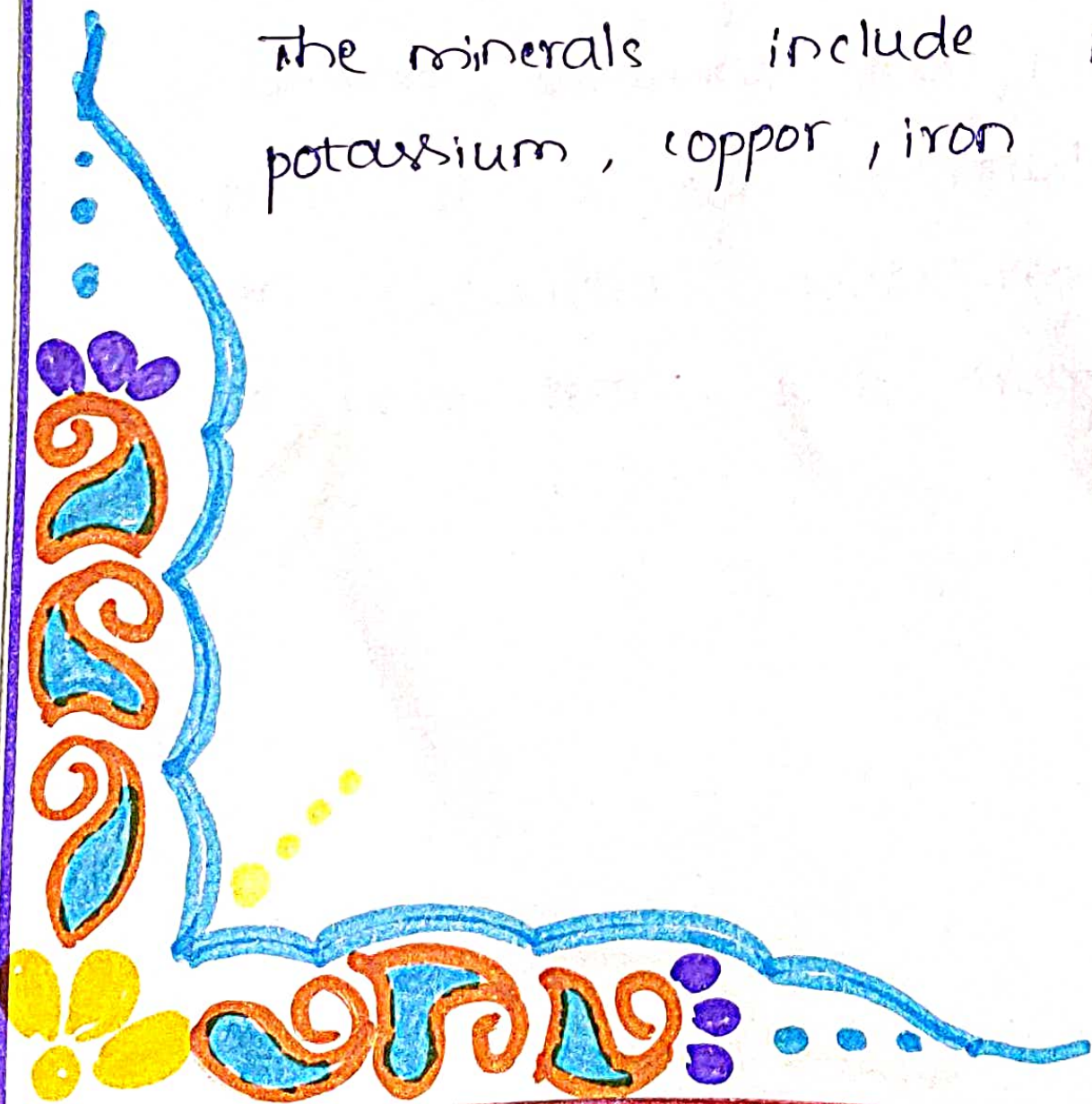
1. Mint leaves are one of the highest herbal sources of anti-oxidants and carotenoids and are therefore used to create herbal teas.
2. Drinking mint tea, aids the digestion process of the body and naturally stabilises both irritable bowel syndrome and constipation. It has also been attributed to diaphragm irritation effectively treating hicups.
3. Drinking mint tea also has strong antimicrobial and antifungal properties due to its high volume of natural nutrients, vitamins and minerals.
4. Mint leaves can be crushed and used in conjunction with regular toothpaste, to whiten teeth with stronger effect.





## CORIANDER :

1. It also cause you to urinate more often, and this naturally detoxifies the kidney and liver also releasing water retention.
2. They have been shown to reduce blood pressure and help you to maintain a healthy heart, with reduced blood vessel tension.
3. One of its most common purpose is to stabilise digestion, preventing stomach disorders and nausea.
4. It contains vitamins K, A, C and folate. The minerals include manganese, potassium, copper, iron and calcium.

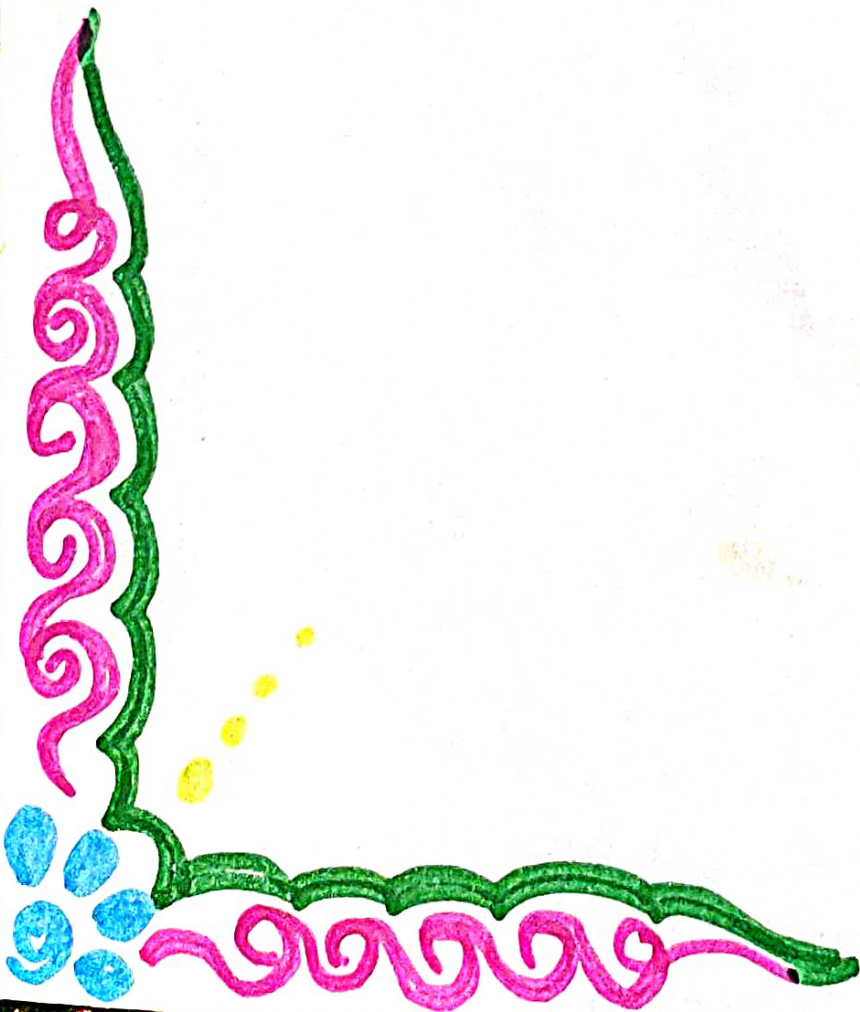




## ECLIPTA ALBA :

Eclipta alba is a herb that has traditionally been used in Ayurvedic medicine for being a liver tonic and having beneficial effects on diabetes, eye health, and hair growth.

family : Asteraceae  
sub family : E. prostrata  
order : Asterales  
kingdom : plantae.





chenchulaku :





Guyanaaku leaves:





## Fenugreek: (Menthikura)

1. Fenugreek is taken by mouth for digestive problems such as loss of appetite, upset stomach, constipation, inflammation of the stomach.
2. Fenugreek is also used for diabetes, painful menstruation, menopause, polycystic ovary syndrome, arthritis, poor thyroid function, and obesity.
3. Fenugreek is useful for diabetes, painful menstrual periods, heart burn, high cholesterol, breast milk production, male infertility, weight loss, parkinson's disease, polycystic ovary syndrome, chronic cough, fever, kidney disease, mouth ulcers it reduces all these diseases.





Fenugreek:  
(Menthikura)





## Conclusion of Green Leaves:

1. The green leafy vegetables revealed them to be good sources of many nutrients like iron, zinc, chromium, copper, calcium, ascorbic acid and  $\beta$ -carotene that could help in overcoming micronutrient malnutrition at a negligible cost. They also had high fiber content and hence would also serve as a natural sources of fiber.
2. Chemically treated sample showed better retention of ascorbic acid than their respective untreated samples irrespective of blanching method or greens.
3. Dehydration seems to have little effect on the proximate, mineral and antinutrient content of GLV.
4. The fresh and dehydrated GLV exhibited varying levels of antioxidant activities by different methods of analysis.

