



## Nutmeg seeds uses in India

Nutmeg is also used for flavoring various food stuffs. People often use it as a condiment particularly in sweet foods. Nutmeg is also used as a spice in the food processing industry. It is also used in the preparation of soups, meat products, sauces, puddings, seasoning of meat, baked foods, confectioneries, vegetable etc. In Eastern countries, people use it as a drug. Nutmeg oil is used in cosmetics and toiletries. Nutmeg is beneficial in the treatment of fever, asthma and heart disease. It is used exclusively in Indian sweets. Nutmeg oil is used to relax muscles and has a sedative capability. It can reduce flatulence, aid digestion, improve the appetite and treat diarrhea, vomiting and nausea.

Nutmeg Seeds are used as condiments and flavor enhancer in various dishes and sweets. It is used in making of soups, sauces, puddings, etc. It is also used as a drug in Eastern countries. As a drug nutmeg spices is beneficial in curing fever, asthma, heart diseases, flatulence, digestion problems, diarrhea, vomiting and nausea. The oil of nutmeg is used in relaxation of muscles, cosmetics and toiletries. We are one of the outstanding nutmeg exporters and suppliers in India

### Description

A large evergreen dioecious tree, reaching 30 m height and about 2 m girth. Bark smooth, surface blackish green, with small exfoliation; outer bark 1-2 mm thick, dead; inner bark 1-1.3 cm thick, fibrous, striate, deep red, exuding reddish watery juice when cut freshly. Wood yellowish brown, moderately hard. Branchlets robust, hairless, the terminal bud velvety. Leaves alternate, simple elliptic to oblong-lanceolate, 10-25 x 5-10 cm, base rounded, apex acute, margin entire, hairless, leathery, shining above, bluish grey beneath; lateral nerves 16-18 pairs, prominent. Flowers unisexual, male and female flowers seen in separate trees. Male flowers 5-6 long, white stalk less or shortly stalked, 10-20 together arising on short woody structures, hairy brown tomentose, thin fleshy. Female flowers usually solitary rarely 3-4 together more or less stalk less, slightly bigger than male flowers, white. Drupes 1-3 together, broadly ovoid to ellipsoid, 4-8 x 3-6 cm, powdery-pubescent with fleshy outer rind. Seeds ovoid, 2-4 x 1.5-3 cm, smooth, covered with fleshy dissected orange-red to creamy white aril.

### Chemical Constituents

Triglycerides, palmitic, stearic oleic and linoleic, glyceride trisaturated, trace, di-saturated mono-unsaturated, mono-saturated di-unsaturated and tri-unsaturated.

### Cosmetic Uses

Nutmeg is used as flavoring agent especially analgesic and tonic preparations. Soaps, lotions, detergents, cosmetics, perfumes. Mace oleoresin used in colognes, perfumes, Both oils and oleoresin are used in most major food categories.



## Medicinal Uses

Aril with dried ginger is rubbed in cold water and given to check diarrhoea. Aril is also used in treating cough, bronchitis, fever, burning sensation, inflammation of joints, skin disorders, wounds, sleeplessness, indigestion, liver disorders and worms.

## Seed storage of plant genetic resources

The need to conserve plant genetic resources can no longer be in doubt. The destruction of natural habitats, the replacement of multiple cropping systems with monocultures, the replacement of traditional varieties with uniform high-yielding cultivars all lead to genetic erosion and the loss of crop and plant diversity. Genetic resources are vital for crop breeding programmes as sources of new genes for, for example, disease and pest resistance. They are also vital as sources of pharmaceutical and novel industrial and food products. In their own right they may have potential as new crops.

## Cinnamon Seeds Prices Rates in Rs. (per kg.)180/190



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