

3rd International Conference and Exhibition on

Pharmacognosy, Phytochemistry & Natural Products

October 26-28, 2015 Hyderabad, India

Potential for health benefit: Banana flower

Surekha D Salgar and Mohammed Rageeb Mohammed Usman
Smt. SS Patil College of Pharmacy, India

Musa acuminata is commonly known as banana plant. The flower of the banana plant is also known as banana blossom or banana heart. The family to whom banana belongs is called Musaceae as banana blossom, represent a valuable source of potassium, vitamin A, vitamin C, vitamin E, minerals, fatty acid content, flavonoids, saponin, essential and non-essential amino acid, tannins, glycoside and steroid. Banana flower is a good antioxidant source. Banana flower has a huge nutritional value and healthy benefit. In most tropical countries, bananas flower are used for cooking. People came to the conclusion that cooking of banana flower has about the very high nutritional and calorie content than other ones. The flower of the banana plant is used in Southeast Asian, Indian, and Bengali cooking either served raw with dips or cooked in soups, dip fried, cutlet and curries. The objective of present study was the utilization of banana flowers could provide healthy benefits of human being.

Biography

Surekha D Salgar is an Assistant Professor, Department of Pharmacognosy at Smt. SS Patil College of Pharmacy, NMU University, India. She has completed BPharm and MPharm degrees from Mumbai University. She has taught Pharmacognosy for over 5 year. Her efforts in research and review have led to the publication of 8 research and review papers in national and international journals. She has attended various global conferences. She is a life time Member of Associations of Pharmacy Professionals (APP) and Indian Pharmacists Association (IPA).

surekhayamgar@gmail.com

Notes: