

**SHREE NARANJIBHAI LALBHAI PATEL COLLEGE OF
PHARMACY, UMRAKH**

Guest Lecture Report

Date: 16-07-2018

Topic: Kitchen to Clinic

Guest Speaker: Dr. Parul Akbari

Number of Participants: 58

Summary of Lecture:

S.N.L.P. College of Pharmacy has arranged expert talk on **Kitchen to Clinic** for B. Pharm students. Herbal medicine has gained an exponential growth in the field of medicine in all over world. She has explained Nemours health benefits of herbal plants and drugs such as Turmeric, Ginger, Garlic and Mustard oil, Honey, Lemons, Indian ginseng, Giloy, Lentils and Green tea. She has also demonstrated its advantages. 1) Turmeric powder is the key ingredients in Indian dishes and host list of healing properties such as heal wound, mild joint pains, better digestion, face mask and arthritis. 2) Ginger also has list of medicinal properties that cure colds, sore throat, cure diabetes, motion sickness and also help lowering blood sugar level. 3) Garlic and Mustard Oil fight against bacterial infection in ear and used for treating the common cold. 4) Honey has been used since 2100 BC for medicinal purposes, Honey having particularly potent antimicrobial properties and can be used to treat wounds, burns and protect us against a slew of age-related diseases, including arthritis and stroke. 5) Lemons are chalk full of Vitamin C and lemon polyphenols-a micronutrient full of antioxidants. Research has also found lemon juice to contribute to heart health and kidney stone prevention. 6) Giloy boosts the immunity and defense mechanism moreover its used in fever and asthma. 7) Lentils a great source of protein, potassium, B-12 and folates. 8) Green tea is associated with various health benefits that protect and strengthen your body, inside and out. Although more research is needed, there are also claims that compounds in green tea protect against sun damage from UVA/UVB rays. 9) Indian ginseng or ashwagandha Proponents claim that it restores vigor and strength, revitalizes tissue and muscles, fights asthma and reduces cholesterol.

The teaching faculties of SNLPCP and 58 students of B. Pharm has attended the session. This lecture will be educational for the students to know the advantages and health benefits of herbal plants and drugs.

