



Antioxidant Properties of Spices, Herbs and Other Sources

Denys J. Charles

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The scientific world and modern society today is experiencing the dawning of an era of herbal medicine. Extensive research has shown that aromatic plants are important anti-inflammatory, antioxidant, anti aging and immune boosting delectable foods, with the magic and miracle to boost our immune system providing us with extended and an improved quality of life. Apart from making bland recipes into welcoming or interesting victories, herbs and spices have stirred the minds of the research community to look deeper into its active components from a functional perspective. It is essential to present the scientific and medicinal aspect of herbs and spices together with the analysis of constituents, its medicinal application, toxicology and its physiological effects. Herbs and spices with high levels of antioxidants are in great demand as they tend to promote health and prevent diseases naturally assuring increased safety and reliability for consumers. Herbs and spices are not only known for taste and flavor, but today research has opened up a new realm in which the antioxidant properties of these aromatic plants provide preservation for foods and health benefits for consumers who look forward to concrete scientific research to guide them further and explore herbal medicine.

The aim of this book is to create awareness in society about the reliability of medicinal properties of certain herbs and spices through scientific and scholarly research.

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