# TECHNICAL DETAILS

**THE GENERATION OF NEW IMMUNO BOOSTER POWDER FOR HUMAN HEALTH (FPHNP**

1. **I. Statement of the problem**

**Origin of the proposal:**

Conventionally the health nutrient drinks are made from malt extracts. Vitamins, minerals

,proteins ,amino acids are added to the malt which are synthetically made .synthetic nutrients are not good for health .they show side effects after a time period. This may affect the body internally. It may cause deficiency in immune system, may affect the blood circulation.

Replacement of synthetic nutrients with naturally obtained nutrients via natural herbs. Which give better results in maintaining body healthy? And this advantage is in other aspects also. Herbs contain medicinal activities, which develops immunity system. Choosing of various herbs is also an important aspect. In this health nutrient powder, medicinal valued herbs are chosen.

FPHNP is based on herbal components and natural components which are available in our surroundings have a great significance. Aim of this project is to give a nutritious health powder to the people.

# People suffering from these problems.

* + Blood pressure
	+ Diabetes
	+ Memory loss
	+ Stress
	+ Deficiency in immunity
	+ Nervous problems
	+ Indigestion
	+ Muscle weakness
	+ Anaemia
	+ High weight problems
	+ Acidity
	+ Eye sight
	+ Mal nutrition
	+ Cholesterol levels
	+ Belly problem
	+ Hair growth
	+ Sexual problems in male and female
	+ Impure blood due to smoking
	+ Migraine

This product **FPHNP** will help in all these aspects.

# b. BACK GROUND:

Supplements present in the ingredients are :

# Finger millet:

* Calcium
* Iron
* Proteins
* Fibre
* Carbohydrate
* Valine
* Methionine
* Threonine
* Tryptophan

# Pearl millet:

* Gluten fee
* Vitamins
* Amino acids
* Starch
* Protein
* Fibre
* Energy

# Basil:

* Iron
* Calcium
* Potassium
* Manganese
* Copper
* Vitamin-A
* Betta-carotene
* Vitamin-C
* Magnesium

# Bael:

* Tennis which heals ulcers

# Brahmi:

**Banya fuit:**

* Minerals
* Fibre
* Carbohydrate

# Dates:

* Vitamin-A
* Vitamin-B1
* Vitamin-B2
* Niacin
* Potassium
* Calcium
* Iron
* Chlorine
* Copper
* Magnesium
* Phosphorous

# Mulethi:

* Anti ulcer
* Anti cancer

*d. Why is it important to take these ingridients in FPHNP*

# Benefits of health nutrient powder: Benefits of ragi:

* tryptophan which reduces appetite.
* And weight puts you in control.
* rich in calcium to help keep bones strong.
* Finger millet controls sugar levels of diabetes.
* Fiber content in ragi is greater than paddy and wheat.
* Lecithin and Methionine amino acids present in ragi used to reduce cholesterol level.
* ragi are plenty of amino acids.Which is crucial to the normal functioning of the body and for the repair of body tissues, which is very necessary. It helps the body's nitrogen balance.
* Millet is rich in the antioxidants .Therefore; it would appear to lower the age.
* Reduces heart weakness, reduces asthma,reduces high blood pressure. Ragi also has some good number of Essential Amino Acids (EAA) which are essential for human body. Few of the key EAAs which Ragi has are Valine, Methionine, Isoleucine, Threonine and Tryptophan. Below section beiefly explains why these are essential for us
* **Valine** is essential for repair of tissues, muscle coordination and metabolism and also helps maintain balance of nitrogen in the body. It also help promote mental calmness and enhance maintain mental vigor.
* **Isoleucine** is essential for ensuring blood formation, keeping a check on blood sugar levels. It also helps heal and repair muscle tissues, bones and skin.
* **Threonine** helps maintain protein levels in the body. It also helps formation of tooth enamel, also prevents formation of fat in the liver.
* **Tryptophan** which act as natural relaxant and help fight anxiety, depression and insomnia. They also help in treating migraine headaches. They reduce excess appetite and help control weight gain; they also release of growth harmones.
* **Methionoine** which is a sulfur based amino acid which is essential for various activities in human body. It is said to help promote growth of healthy skin and hair. The Sulfur which we get from Methionine helps produce a substance called lecithin which helps reduce cholesterol, reduce fat inside the livers and help protect kidneys. This methionine is generally lacking in staple diet of some of the vegetarians and hence regular Ragi intake will help get enough of these amino acids.

# Benefits of Bazra:

* Bajra, being gluten free, becomes a very good food choice for these people.
* It is highly effective and recommended in cases of severe constipation and stomach ulcers.
* It helps in lowering the cholesterol levels. This is due to the presence of phytic acid and niacin.
* It is also believed to be associated with bringing down the risk of cancer.
* Being rich in fiber content, bajra works very well in diabetes.
* Bajra is high in proteins with a good amount of amino acids
* It is a good source of iron preventing anaemia.
* It is a moderate source of vitamin B1, which is required for a healthy nervous system..

# Benefits of tulasi:

The antioxidants found in Holy Basil prevent our body from ailments because of its antibacterial properties. It helps in purification of blood by removing free radicals and toxic wastes from our body.

* To cure many kinds of fever.
* a good germicidal agent
* cures cough and flu
* Bronchitis and asthma attacks.
* Removes these stones through the urinary tract reduces blood cholesterol level.
* Contains Vitamin C and other anti-oxidants such as Eugenol which protects the heart from harmful effects of free radicals. Tulsi can also reduce blood pressure and thus is useful for heart patients.
* a good medicine for headache. Effective remedy for sore eyes and night blindness reduces stress. Several stomach problems like acidity, constipation and flatulence can also be cured with tulasi leaves. Help to control blood sugar level in a person. It reduces the blood sugar level by causing a sudden or drastic drop.
* used in the treatment of ulcers, Tulsi is anti-carcinogenic in nature and helps to treat some forms of cancer including breast cancer. The anti-oxidants present in Tulsi help in balancing different processes of the body. Several compounds present in tulsi like Vitamin C, camphene, Eugenol can cure lung congestion. They have proven to be effective in healing damage caused by smoking, tuberculosis etc.
* The anti-oxidant will actually help you to undo the damage done by years of smoking.
* People suffering from scabies and eczema should drink Tulsi juice to help cure it. it purifies the blood from toxins. Tulsi leaves contain anti-bacterial and anti-fungal compounds. The antioxidants present in Tulsi makes you look younger and fresher Tulsi has a complex constitution that includes immunity booster, adaptogens and anti-oxidants.

# Benefits of Brahmi:

It helps in the growth of nerve cells. It helps to reduce mental tension. It removes depression. It improves the remembering power of the brain.

* It helps in the development of the cells of hair follicles
* It improves digestive capacity and removes acidity when taken orally.
* Brahmi contains kerotin, amino acids and vitamins. Hence it acts as a nutritious food.
* It is also used in epilepsy and skin diseases.
* biological activities desired for human health such as wound healing ,anti-inflammatory

,antipsoriatic , antiulcer, hepatoprotective , anticonvulsant , sedative , immunostimulant , cardioprotective , antidiabetic , cytotoxic and antitumor , antiviral ,antibacterial , insecticidal , antifungal , antioxidant , and for lepra and venous deficiency treatments .

**Bioactive compounds isolated fom various pats of Aegle marmelos leaf :**



**Benefits of Banyan fruit:**

* Regular consumption of this powder will help kids grow taller and stronger.
* Thin people will gain muscle.
* Improves Skin color.
* Intelligence and memory power will also improve.
* Older people will regain lost vitality and have more energy.
* Women who suffer from menstrual irregularities, womb disorders, frequent abortions etc will get rid of all their problems within one year of continuos consumption of this powder.
* Also removes wrinkles on skin to make you look younger.

It is important to stay away from all sexual activities while consuming this powder, so that one can retain its strength till the body is completely cured.

**Benefits for Men**:

Men become stronger and get a lustre of youth.

It is very potent and improves men’s health in general and reduces the early discharge problem in men.

**Benefits for Ladies:**

All kinds of gynec problems are solved if ladies take this powder twice a day.

This includes – Excess discharge in periods, cysts in ovaries, white discharge problem, spotting between periods, repeated natural abortions, very light periods, some kinds of infertility and polyps.

It also tones up the body and firming the flabby areas giving them a youthful appearance.

**For old people:**

It acts a rejuvenate for the old.

* The juice and fruits are useful as externally applied medicines for cuts, bruises, sores and ulcers. Banyan fruit and juice are used in rheumatism, lumbago, tooth and gum aches. They can also be taken internally to cure diarrhoea and dysentery.
* Anti-inflammatory properties: Tests have shown that the sap from banyan when applied locally on rheumatic patients, showed significant improvement. The effect was similar to that of non-steroidal anti-inflammatory drug.
* Control of cholesterol: The bark of banyan is useful in controlling cholesterol. Studies have shown that banyan bark can control cholesterol to a significant extent. It decreases LDL or bad cholesterol while HDL or good cholesterol levels are maintained.
* Antibacterial properties: According to one study, banyan bark and juice possess anti- bacterial properties to a significant extent.
* Improves immune system: Research on banyan says that taking banyan bark and juice on a regular basis will improve the immune function of the body and helps fight against disease causing microorganisms.

# Benefits of dates:

The bad cholesterol (LDL) ... which do you think is mostly taken Dietary kharjura has more fiber (dietary fiber). fiber body .

In kharjura tanins the health of the accidents are the so called anti-phlevanayid paliphinalik. The body of the infection, inflammation, and cause swelling (inflammation), bleeding is prevented.

kharjura, the beta - carotene, lyutin, G - gjanthin all of our body's cells protect the

antioxidants. Nutrients on colon, prostate, breast, endometrial, lung, inhibition of cancers of the pancreas.

G - gjanthin nutrient for the eye and the eye protected retinaloki sositamai. This is due to a decrease in the ability of the eye to prevent aging nutrient.

# Benefits of candy sugar:

It is alternative of sugar which regulates body temperature,and gives sweetness to the drink and gives energy.

# Benefits of Mulethi:

**Medicinal uses**

The plant is rich in many chemicals that provide the plant with various medicinal properties. Thus, the plant has much significance in the ayurvedic treatment of various ailments.

* The powder of roots is helpful in treating constipation.
* It is quite effective in the treatment of sore throat.
* It is very helpful in relieving pain due to stomach disorders.
* This plant has shown remarkable effects in the treatment of patchy baldness
* Decoction of liquorice mixed with honey brings relief in dry cough.
* It is also helpful in healing stomach ulcers.