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Titolo	Herbs, spices and medicinal plants : processing, health benefits and safety // edited by Mohammad B. Hossain, Nigel P. Brunton, Dilip K. Rai
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Descrizione fisica	1 online resource (xiii, 382 pages)
Collana	IFST advances in food science
Disciplina	615.321
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Sommario/riassunto	"Recent epidemiological and clinical studies suggest that herbs and spices, which are well-known sources of bioactive phytochemicals, also have specific health benefits, including anti-diabetic properties, the ability to stimulate digestion, and as anti-oxidants and anti-inflammatory. However, herbs and spices are perishable items: to preserve them for export and/or storage, they are often processed prior to consumption, which could affect their physico-chemical and biological properties. This book will provide a comprehensive overview of the health benefits, analytical techniques used and effects of processing upon the physico-chemical properties of herbs and spices. The book will open with a section on the technological and health benefits of herbs and spices. The second part will review the effect of classical and novel processing techniques on the properties of herbs/spices. The third section will examine extraction techniques and analytical methodologies used for herbs and spices. Contributors from both academia and industry will provide informed perspectives"--

