



Friday 8 October 2010

Weather
Max: 26°C
Min: 20°C
In Bangalore
Rain lightly

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New finding

US centre sees cure in usual greens

Bangalore, Feb 22, DH News Service:

A US-based university has found medicinal values in vegetables grown in Karnataka.

Studies conducted over two decades at Texas A&M University show that consumption of carrot, onion, chilli and lemon grown in Karnataka can reduce the risk of cancer.

According to the studies, lemon can reduce the risk of pancreatic cancer, carrot can prevent breast cancer, onion and chilli prevent colon cancer.

The Vegetable & Fruit Improvement Centre of the University has been conducting the studies since 1991. So far, the Centre has published over 50 research papers on these crops of Karnataka.

The university has come forward to tie up with the University of Horticulture Sciences in Bagalkot to continue research activities on native horticulture crops.

Eric Bost, vice-president (global initiative) of Texas A&M University, on Monday signed a memorandum of understanding with Prof Shankarappa Dandin, special officer of the University of Horticulture Sciences, Bagalkot, to exchange technology and support research activities.

Eric Bost said the understanding between the two universities would help in conducting more researches in future and promote quality vegetables for the public. "There are vegetables which can prevent many diseases. Proper research can make the public aware of such vegetables," he said.

Texas A&M University is now keen on conducting research on turmeric and bitter gourd from Karnataka.

Research on turmeric

Prof Bhimu Patil, director of Vegetable & Fruit Improvement Centre (Texas A&M) said: "Turmeric is said to be the best medicine to avoid bladder cancer and bitter gourd can prevent diabetes. However, many more researches have to be conducted to prove their medicinal value," he said.

Patil, a native of Bijapur settled in Texas, said a person has to consume at least 13 different fruits/vegetables a day to keep good health. An American takes, on an average, three vegetables/ fruits a day and it is even lesser in India.

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CRICKET LIVE

RSA v Zim

1st T20I , Oct 08

Zimbabwe

37/1 (7.1 Ovs)

H Masakadza* 27(29)

C Chibhabha 6(9)

J Botha*

0.1-0-1-0

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By: Anil
On: 23 Feb 2010 03:47 pm

Hi, It is well know that a Diet where 95% of what you eat consists of vegetable and fruits will lead to long healthy life .Unfortunately most Indians cannot afford this type of diet and so lead a substandard life.

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