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Qualitative phytochemical screening, total phenolic content and antioxidant activity in methanolic extracts of *Myristica fragrans* Houtt. (Mace)

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Mace, also known as the flower of nutmeg, belongs to the family Myristicaceae. Traditionally, mace is known to be anti-fungal, anti-depressant, aphrodisiac, digestive and carminative agent. The active components present in mace are responsible for its antioxidant properties. Qualitative phytochemical analysis showed the presence of tannins, saponins, flavonoids, terpenoids, phenolics, carbohydrates as well as proteins and amino acids. The total phenolic content of methanolic extracts of mace was 238.52 (mg Gallic acid equivalents per gram weight). The DPPH scavenging activity was 85.2% at 500µg/ml concentration, comparable to that of ascorbic acid. The present study evaluates the quantitative phytochemicals, total phenolic content and antioxidant potential of methanolic extracts of Mace, so that it can be used as complete functional food.

Key Words : Spices, Total phenolics, Phytochemicals, Antioxidant potential, Functional food

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