

Anti oxidant composition of indigenous plants grown in western region Rajasthan

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Anti oxidant content of food is one of the key components which help in maintaining the healthy living. Keeping this thing in view, the present study had been conducted on forty one indigenous plants to know their antioxidant potential. Part of the plant utilized by the tribal community were analysed for its vitamins content (*i.e.* vitamin-C and β -carotene), non- nutrient component (*i.e.* oxalic acid and tannin) and total per cent of antioxidant inhibition activity by using DPPH. The present study concluded that the indigenous plants consumed in tribal areas are rich in antioxidant content and can be used in daily diet. Hence these indigenous plants may be recommended to achieve healthy living.

Key Words : Tribal, Underutilized plants, Nutrient, Food security

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