

Nutrient composition of two non-conventional greens (*Lasia spinosa* and *Alpinia nigra*) of Assam having therapeutic importance

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■ **ABSTRACT** : Changmora (*Lasia spinosa*) and Tora (*Alpinia nigra*) are two non-conventional greens of Assam known to be used in rural dietaries as culinary herbs as well as therapy to treat various diseases. The tender leaves of *L. spinosa* and shoots of *A. nigra* were analyzed for their nutrient composition. Both the leaves and the shoots exhibited a good amount of energy (308.68 Kcal and 246.55 Kcal, respectively) indicating the presence of high energy yielding nutrients *i.e.* carbohydrates – 43.50 g and 30.70 g, protein – 14.50 g and 11.25 g and fat – 8.52 g and 8.75 g, respectively. These two herbs are known to be used for treating inflammation and rheumatism probably due to their high fat content as anti-inflammatory factors. The leaves of *L. spinosa* and the shoots of *A. nigra* contained high amount of fibre-14.60 g and 31.2 g, respectively showing their importance in alleviating various chronic degenerative diseases. These two greens contained ample amount of minerals like calcium (416.00 mg and 250.00 mg, respectively), potassium (109.41 mg and 57.67 mg, respectively) and iron (19.45 mg and 9.10 mg, respectively). High amount of calcium content in *A. nigra* signifies its therapeutic use in alleviating bone weakness. Both the greens were found to be a rich source of ascorbic acid (leaves 165.18 mg and shoots 95.89 mg, respectively). Thus *L. spinosa* and *A. nigra* could be considered as two potential non-conventional greens of Assam accredited with well-balanced nutrients and health caring properties.

■ **KEY WORDS** : *Lasia spinosa*, *Alpinia nigra*, Therapy, Macro, Micro nutrients

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