Herbal Food and its Medicinal Values

(Carbohydrates, Proteins, Fats, Minerals, Phosphorus, Calcium, Iron, Potassium, Sodium, Iodine, Sulphur, Magnesium, Chlorine, Manganese, Copper, Fluorine, Molybdenum, Cobalt, Silicon, Zinc, Vitamins)
Food has been a basic part of our existence. Through the centuries we have acquired a wealth of information about the use of food as a part of our community, social, national and religious life. It has been used as an expression of love, friendship and social acceptance without knowing the medicinal values of such food. India is one of the leading herbal food producer and exporter in the world. Traditional use of herbal medicines is recognized as a way to learn about potential future medicines. Several meticulous researches were conducted and experimented with herbal food. They arrived at more precise conclusions about the usefulness of diverse plants and herbs that are utilized in field like medicine. Now a day people are very much aware of the ingredients in synthetic drugs, the benefits of herbal products and harmful effects of chemical ingredients. Herbal medicines are in huge demand in the developed world for health care for the reason that they are efficient, safe and have lesser side effects. The formulations based on herbs are safe and effective. Herbal plants constitute a large segment of the flora, which provide raw materials for use by various industries. They have been used in the country for a long time for their medicinal properties. The decision to cultivate medicinal herbs should only be made in response to demand for particular herbs. The market is very competitive and could easily be oversupplied.
The herbs been in use in our diet since antiquity, only recently they have taken the center-stage of nutrition scientific world for their potential health benefiting and detoxification properties. Herbs and spice, indeed, extend their flavor rather than substance to the food we eat. Herbs contain unique antioxidants, essential oils, vitamins, phytosterols and many other plants derived nutrient substances, which help equip our body to fight against germs, toxins and to boost immunity level. Herbs are, in fact, medicines in smaller dosages. Essential oils in herbs have been found to have an anti-inflammatory function by inhibiting the enzyme cyclooxygenase (COX), which mediates inflammatory cascade reaction inside the human body. The enzyme-inhibiting effect of essential oils in herbs makes it a valuable remedy for symptomatic relief in individuals with inflammatory health problems such as rheumatoid arthritis, osteoarthritis, and inflammatory bowel conditions like ulcerative colitis. The volatile oils, vitamins, and antioxidants in the herbs have cytotoxicity action against prostate, pancreatic, colon, endometrial cancer cells. The chemical compounds in the herbs have been found to be anti-spasmodic, carminative, diaphoretic, analgesic, aphrodisiac, deodorant, digestive, antiseptic, lipolytic (fat burning and weight loss action), stimulant and stomachic effects when taken in a proper dosage.
The major contents of the book are carbohydrates, chemistry of carbohydrates daily requirement of carbohydrates, proteins, chemistry of proteins, some Indian food preparations rich in proteins, dynamic action of vitamin A, absorption and excretion of vitamin A, medicinal uses of ripe mango, mango in the treatment of night blindness etc. This book for the first time reveals the exact medicinal characteristics and how it works and cures the different disease to make mankind healthy. This book is very useful for scientists, doctors, scholars as well as entrepreneurs.
PART-I
NUTRITION

1. CARBOHYDRATES
Chemistry of Carbohydrates
Daily Requirement of Carbohydrates
Low Carbohydrate Foods
Digestion and Absorption of Carbohydrates
Bad effects of Excessive use of Carbohydrates

2. PROTEINS
Chemistry of Proteins
A-Class Proteins
Amino Acids
Essential Amino Acids
B-Class Proteins
C-Class Proteins
Foods Rich in A-Class Proteins
Some Indian Food preparations Rich in Proteins
Daily Requirement of Proteins
Digestion and Absorption of Proteins
Foods rich in Purine Bodies
Foods free from Purine Bodies
Nitrogen Balance in the Body
How is Protein Deficiency Caused?
How to Prevent and Cure Protein Deficiency
Contra-indications of Proteins
Clinical Indications of Proteins

3. FATS
Fats
Sources of Fats
Digestion of Fats
Absorption of Fats

4. MINERALS
Minerals
5. CALCIUM
Calcium-carbonate and Calcium-phosphate
Foods Rich in Calcium (in mg. 100 g.)
Daily Requirement (in mg.)
Absorption and Excretion of Calcium
Hypocalcaemia
General Symptoms of Calcium Deficiency
Symptoms of Calcium Deficiency in children
Symptoms of Calcium Deficiency in Women
More Calcium and Cancer
Treatment of Calcium Deficiency
General Symptoms of Hypercalcemia
Indications of Calcium Therapy

6. PHOSPHORUS
Diseases Caused by Phosphorus Deficiency
Phosphorus Patents
7. IRON
Foods Rich in Iron: (in mg. per 100 g.)
Daily Requirement
Absorption and Excretion
General Deficiency of Iron
Signs and Symptoms of Iron Deficiency
Iron Deficiency during Pregnancy and Childhood
Effects of Iron Deficiency during Childhood
Clinical Manifestations of Iron Deficiency
How to Cure Iron Deficiency?
Effects of Excessive use of Iron
Iron Intoxication

8. POTASSIUM
Foods Rich in Potassium (In mg. per 100 G.)
Deficiency Signs and Symptoms of Potassium
9. SODIUM
   Sodium Phosphate
   Sodium Sulphate

10. IODINE

11. SULPHUR

12. MAGNESIUM

13. CHLORINE

14. MANGANESE

15. COPPER

16. FLUORINE
17. MOLYBDENUM

18. COBALT

19. SILICON

20. ZINC

21. VITAMINS
Fat-Soluble-Vitamins

22. VITAMIN A
Chemistry of Vitamin A
Foods rich in Vitamin A
Some Indian Food preparations rich in Vitamin A
Daily requirement of Vitamin A
Pharmacodynamic action of Vitamin A
Absorption and excretion of Vitamin A
Signs and symptoms of Vitamin A deficiency
Clinical manifestations of Vitamin A
Indications of Vitamin A Therapy (Preventive and Curative
Some combined preparation of Vitamin A

23. VITAMIN D
Pharmacodynamics of Vitamin D
Chemistry of Vitamin D
Foods rich in Vitamin D
Daily Requirement of Vitamin D
Signs and Symptoms of Vitamin D deficiency
How to prevent and cure Vitamin D deficiency
Indications of Vitamin D Therapy
Hypervitaminosis D

24. VITAMIN E
Chemistry of Vitamin E
Foods rich in Vitamin E
Daily requirement of Vitamin E
Pharmacodynamic action of Vitamin E
Absorption and Excretion of Vitamin E
Signs and Symptoms of Vitamin E deficiency
Clinical manifestations of Vitamin E
Dr. Gross, Method to Control Infertility
Male Fertility
Routine Approach to all Cases
The Preconceptional Profertility Regimen
Antenatal Routine in Secondary Sterility
Results
Previous Anencephalics and Foetal Abnormality
Patent preparations of Vitamin E
Some rare indications of Vitamin E and A combination
Biochemic remedies and Vitamin E absorption

25. WATER-SOLUBLE VITAMINS

26. VITAMIN B-COMPLEX GROUP
27. VITAMIN B1 (THIAMINE OR ANEURINE HYDROCHLORIDE)
Chemistry of Vitamin B1
Foods rich in vitamin B1 (in mcg. per 100 g.)
Daily requirement of Vitamin B1
Pharmacodynamic action of Vitamin B1
2. Absorption and Excretion of Vitamin B1
Signs and Symptoms of Vitamin B1 Deficiency
Clinical Manifestations of Vitamin B1 Deficiency
Indications of Vitamin B1 Therapy
Dosage

28. VITAMIN B2 (RIBOFLAVINE)
Chemistry of Vitamin B2
Foods rich in Vitamin B2 (in mg. per 100 gr.)
Daily requirement of Vitamin B2
Pharmacodynamic action of Vitamin B2
Absorption and Excretion of Vitamin B2
Signs and Symptoms of Vitamin B2 Deficiency
Indications of Vitamin B2 Therapy

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29. VITAMIN B6 (PYRIDOXINE HYDROCHLORIDE, ADERMIN)
Chemistry of Vitamin B6
Foods rich in Vitamin B6
Daily requirement of vitamin B6
Pharmacodynamic action of Vitamin B6
Absorption and excretion of Vitamin B6
Signs and Symptoms of Vitamin B6 Deficiency
Clinical manifestations of Vitamin B6

30. VITAMIN B12 (CYANOCOBALMIN)
Chemistry of Vitamin B12
Foods Rich in Vitamin B12 (Mcg. Per Gramme)
Daily requirement of Vitamin B12
Pharmacodynamics of Vitamin B12
Absorption and Excretion of Vitamin B12
Signs and Symptoms of Vitamins B12 deficiency
Indications of Vitamin B12 therapy
31. FOLIC ACID (PTEROYLGLTUAMIC ACID PGA)
Chemistry of Folic Acid
Foods rich in Folic Acid
Daily requirement of Folic Acid
Pharmacodynamic Action of Folic Acid
Absorption and Excretion of Folic Acid
Signs and Symptoms of Folic Acid

32. NICOTINIC ACID (NIACIN)
Chemistry of Nicotinic acid
Foods rich in Nicotinic Acid
Daily requirement of Nicotinic Acid
Pharmacodynamic Action of Nicotinic Acid
Absorption and Excretion of Nicotinic Acid
Signs and Symptoms of Nicotinic Acid Deficiency
Clinical Manifestations of Nicotinic Acid
3. Hartnup’s Disease (Hereditary Pellagra)
How to Cure Nicotinic Acid Deficiency
Indications of Nicotinic Acid Therapy
Patents of Nicotinic Acid
33. PANTOTHENIC ACID (P.A.)
Chemistry of P.A.
Foods rich in P.A.
Daily requirement of P.A.
Pharmacodynamic Action of P.A.
Absorption and Excretion of P.A.
Signs and Symptoms of P.A. deficiency
Clinical Manifestations of P.A.

34. LECITHIN
Lecithin Content of Various Substances in per cent

35. CHOLINE
Foods rich in Choline
Daily requirement of Choline
Signs and Symptoms of Choline Deficiency
Indications of Choline Therapy

36. INOSITOL
'37. METHIONINE

38. BIOTIN
Para- Aminobenzoic Acid

39. VITAMIN C (ASCORBIC ACID)
Chemistry of Vitamin C
Foods rich in Vitamin C (in mg./loo g.)
Daily requirement of Vitamin C
Pharmacodynamic action of Vitamin C
Absorption and Excretion of Vitamin C
Signs and Symptoms of Vitamin C deficiency
Deficiency of Vitamin C in Children
How to prevent and cure Vitamin C deficiency
Clinical manifestations of Vitamin C
Indications of Vitamin C Therapy
40. VITAMIN K (ACETOMENAPHTHONE)
Chemistry of Vitamin K
Foods rich in Vitamin K
Signs and Symptoms of Vitamin K deficiency
Indications of Vitamin K Therapy

41. LAXOFLAVIN

42. VITAMIN P (BIOFLAVONOIDS)

43. REASONS FOR VITAMIN DEFICIENCY IN GENERAL
1. Diminished intake
2. Increased Requirement
3. Poor Absorption
4. Defective Utilization or Storage
5. Increased Excretion

44. B COMPLEX AND MULTI-VITAMIN PREPARATIONS OF GREAT USE
45. ENZYMES
Animal Enzymes
Vegetable Enzymes
Indications of enzyme Therapy
Gastro- Entropathy
Pancreopathy
Cholepathy and Hepatopathy

PART-II
FOODS

46. FRUITS
Fruits
Chemical Analysis of Fruits
Nutritive and Medicinal Value of Fruits
Effects of fruits on various systems of body

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47. APPLE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Apple and Gastro-Intestinal Diseases
Stomach Diseases
How to prepare unfermented apple juice
How to prepare apple-cider
How to prepare Apple-cider Vinegar
Uses
Leaves
Bark

48. APRICOT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Roots
49. BANANA
Food Value per 100 g. approximately: (one medium size)
Physiopharmacology and Therapeutics
Seeds
Method of use
Flower
Stem
Banana as a tonic-food
Banana as a medicine in Gastro-intestinal Disorders
Banana as an ideal-food in infections
Banana in Diabetes and Obesity
Banana in Heart, Kidney and Liver diseases
Banana in Lung diseases
Peel
Banana Flower
Stem
Leaves
50. BULLOCKS - HEART
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Bark

51. BREAD FRUIT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

52. CASHEW - FRUIT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Cashew-apple Juice
Cashew-apple Syrup
Cashew-apple Jam
Cashew-apple Candy
Cashew Wine
53. CHERRIES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

54. CUSTARD-APPLE
Food Values per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves

55. CURRANTS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

56. DATES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
57. FIGS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves

58. CLUSTER-FIGS
Physiopharmacology and Therapeutics
Leaves
Bark
Sap

59. GRAPES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Bark
How to prepare and preserve grape-juice
How to make good quality wines
Chemical Composition of wine
Uses of wine
Dangers of wine drinking
After-effects of various alcoholic beverages
Wine
Gin
Whisky
Brandy
Rum
Beer
Effect of alcohol on gravid uterus
How to stop drinking alcohol

60. GUAVA
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Bark
Flowers
How to make Guava-jelly
61. JACK-FRUIT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Sap
Wood
Jack-fruit Nectar
Jack-fruit Jelly

62. JAMBUL FRUIT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Bark
Seeds

63. CITRUS FRUITS
64. LIME
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Lime-Peel: (Lemonis corter, B.P.)
Oil of Lemon: (Oleum-Limonis, B.P.)
Leaves
Seeds
How to prepare and preserve Lime-juice
How to prepare lime-barley water
Lime in vinegar

65. GRAPE-FRUIT
Food Value per 100 g. approximately

66. POMELO
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Peel
Seeds
Leaves
67. ORANGE
Food Value per 100 g. approximately 
Physiopharmacology and Therapeutics 
Orange juice in Sports and hard labour 
Peel 
Flowers 
How to make orange-squash 
How to prepare orange-marmalade

68. BITTER-ORANGE
Food Value per 100 g. approximately 
Physiopharmacology and Therapeutics 
Peel 
Orange-Oil 
Orange-Flowers

69. SWEET-ORANGE
70. GIANT- LEMON OR CITRON
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

71. LOQUAT

72. MANGO
Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Green Mango
Medicinal Uses of Green Mango
Sap
Peel
Mango pickle
Preparation method
Mango Chutney
Method of preparation
Mango Chutney (Sweet)
Method of preparation
Why mango-pickle gets spoiled?
Uses of Mango pickle
Ripe-Mango
How to Prevent the Spoilage of Mangoes
Medicinal Uses of Ripe Mango
Mango in the Treatment of Night Blindness
Mangoes in the Prevention of Infections
Seed
Leaves
Flowers
Bark
Gum
Mango Squash
Mango Preserve
Mango Leather: (Aam-papad)
73. WATER-MELON
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Water-melon as a Beauty Aid
Seeds

74. MUSKMELOM
Peel
Seeds

75. PALMYRA
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Roots

76. PAPAYA
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Ripe Fruit
Seeds
Leaves
Root

77. PASSION FRUITS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

78. PEACH
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

79. PEAR
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

80. PEAR-AVACADO
81. PINEAPPLE
A. Cosmosms
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
How to Prepare Pineapple Juice
Pineapple Jam

82. PLUMS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

83. POMEGRANATE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Sour Pomegranate
Seeds
Rind: or Granati Fructi Cortex. B.P.C.
Flowers
Leaves
Bark
84. RASPBERRY
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

85. STRAWBERRY
Food Value for 100 g. approximately
Physiopharmacology and Therapeutics

86. TOMATO OR LOVE APPLE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Raw Tomato
Ripe Tomato
Leaves
How to prepare Tomato Juice at Home and Preserve It
Tomato Ketchup
Method of Preparation
How to Grow Good Tomatoes at Home
Garden
Pests and Diseases of Tomato
Control of the Pest
Discuses
Septoria

87. TODDY PALM-FRUIT
Physiopharmacology and Therapeutics

88. WOOD-APPLE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Sap

89. ZIZYPHUS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

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Leaves
Seeds
Bark

PART-III
MISCELLANEOUS FRU

90. LITCHI
Leaves
Seed

91. MANGOSTEEN

92. MULBERRY

93. LANGSAT

94. FOX-BERRY
95. KAMRAKH

96. BELAMBOO

97. SAPOTA
Chemical composition

98. PHALSA

99. PRUNS
Leaves

100. QUINCE
Quince-Seeds: Behi-dana: (Urdu, Hindi).
PART-IV

LEAFY AND NON-LEAFY VEGES

Carbohydrates in Vegetables
Proteins in Vegetables
Fats in Vegetables
Minerals in Vegetables
Vitamins in Vegetables
Fibres in Vegetables
Hormones in Vegetables
Pectin in Vegetables
Nitrogen in Vegetables
The magic Chlorophyll in Vegetables
  What is Chlorophyll
What is the Function of Chlorophyll
Some Golden Tips about eating Vegetables
How to keep your Vegetables Fresh
101. AGATHI
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Fruits and Flowers
Root

102. ALTERNANTHERA SESSILIS
Root

103. AMARANTH
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

104. AMARANTHUS SPINOSUS

105. AMARANTHUS VIRIDUS
106. AMARANTHUS POLYGAMUS

107. BAMBOO
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Bamboo Candy
Bamboo Chutney (Sweet)
Canning of Bamboo in Syrup
Canning of Bamboo in Brine
Canning of bamboo in curried Vegetables

108. BAMBOO MANNA
Ingredients:
Uses
Dose

109. BATHUA LEAVES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
110. BENGAL GARM LEAVES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

111. BITTER SWEET
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Berries

112. BRUSSEL SPROUT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

113. CABBAGE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

114. CARROT LEAVES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

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115. CELERY
Food Value for 100 g. approximately
Physiopharmacology and Therapeutics
Root
Seeds

116. CORIANDER LEAVES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

117. CURRY LEAVES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Fruit
Bark

118. DRUM STICK LEAVES
Physiopharmacology and Therapeutics
Leaves
Vitamin A
Vitamin C Equal to:
Calcium
Fruits
Flowers
Bark
Root
Seeds
Gum

119. ENDIVE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Constituents
Seeds
Root

120. EVOLVULUS ALSONDIS
121. FENUGREEK
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

122. GARDEN CRESS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Roots

123. INDIAN SORREL
Physiopharmacology and Therapeutics
Direction

124. IPOMOEA
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
125. Khesari Leaves
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

126. Lettuce
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds

127. Mint
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Menthol oil or (Oleum mentha pip B.P.C.)
Chemical Composition
Medicinal Uses
Menthol (Peppermint-ka-phool)
Medicina Menthol Mixture
Directions for use of Menthol mixture | uses of Menthol
Children’s Colds
Cold in the head and chest
Sore throat and Colds
Influenza
Burns and Scalds
Minor cuts and Sores
Internal uses of Menthol Mixture

128. DILL-LEAVES
Physiopharmacology and Therapeutics
Dill seeds
Dill Seed Oil

129. RED SORREL
Physiopharmacology and Therapeutics
Root

130. SPINACH
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Indications of Spinach in Pediatrics
Indications of Spinach in Pregnancy
How to prevent Spinach spoilage

PART-V
MISCELLANEOUS VEGET

131. ARTHICHOKE
Physiopharmacology and Therapeutics

132. ASPARAGUS ASCENDENS
Physiopharmacology and Therapeutics

133. ASPARAGUS-SARMENTOSUS
Physiopharmacology and Therapeutics
134. ATRIPLEX
Physiopharmacology and Therapeutics

135. ALLIUM ASCALONICUM
Physiopharmacology and Therapeutics

136. BOERHAAVIA DIFFUSA
Physiopharmacology and Therapeutics
Root

137. BRAHAMI
Physiopharmacology and Therapeutics
Chemical Composition
Brahami Hair Oil
Method of preparation

138. COLEUS AROMATICUS
Physiopharmacology and Therapeutics
139. COLEUS PERVIFLOROUS

140. CANNA EDULIS

141. FLYSANTHUS HYSSOPIODES

142. OLDENLANDIA

143. PARSLANE
Physiopharmacology and Therapeutics
Seeds

144. THICK LEAVED LAVENDER
Physiopharmacology and Therapeutics

145. TRICHODESMA INDICUM
PART-VI
NON-LEAFY VEGETABLES

146. AMLA
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Comparative food value of Amla
Amla Hair Oil
Preparation
Method of preparation
Seeds
Bark
Leaves

147. STAR-GOOSE BERRY

148. ASH GOURD
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Petha Sweet-meat or Candy
Seeds
Peel

149. BITTER GOURD
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Roots

150. BOTTLE GOURD
Physiopharmacology and Therapeutics
Bottle gourd candy or halwa
Preparation Method
Uses
Peel

151. BRINJAL
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Seeds

152. BROAD BEANS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

153. DOUBLE BEANS

154. CALABASH CUCUMBER
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds and Leaves

155. CAULIFLOWER
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
156. CHOCHO MARROW
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

157. CLUSTER BEANS
Food Value per 100 g. approximately

158. CUCUMBER
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Root

159. FRENCH BEANS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

160. GOA BEANS
Physiopharmacology and Therapeutics
161. KANDORI
Physiopharmacology and Therapeutics

162. KHAMRAK

163. LADYS FINGER
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Roots

164. PEAS
Food Value per 100 g. approximately (3/4 cup)
Physiopharmacology and Therapeutics

165. PUMPKIN
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
166. CUCURBITA PEPO

167. RIDGE GOURD
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Seeds
Leaves
Root

168. BITTER RIDGE GOURD
Physiopharmacology and Therapeutics
Leaves

169. SNAKE GOURD
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves

170. WILD SNAKE GOURD
Leaves
Seeds
Roots

171. PARWAL

172. SOYA-BEAN
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Comparative food value of Soya-bean
Soya-bean milk
Comparative value of Soya-bean Milk with Cow's Milk
Soya-bean curds
Toxic factor in Soya-bean

173. SUNDAKAI
Food value per 100 g. approximately

174. SWORD-BEAN
Food Value per 100 g. approximately
PART-VII

ROOTS AND TUBERS

175. BEET ROOT
Food Value per 100 g. approximately

176. CARROT
Food Value per 100 g. approximately (1 large),
Spiced Carrot Juice
Carrot Halwa (Halwa-e-Gazar).

177. COLOCASIA
Food Value per 100 g. approximately.
Physiopharmacology and Therapeutics
Leaves

178. ONION
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Seeds

179. POTATO
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

180. RADISH
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Leaves
Seeds

181. SWEET POTATO
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

182. TAPIOCA
Food Value per 100 g. approximately

183. TURNIP
Food Value per 100 g. approximately
Seeds

184. YAM
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
PART-VIII
NUTS AND OIL SEEDS

185. ALMOND
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Comparative food value of almonds
Almond Syrup
Almond oil: (Oleum amygdale B.P.)
Almond Shell

186. BRAZIL NUT
Food Value per 100 g. approximately

187. BUTTER-NUTS
Food value per 15 g. approximately

188. CASHEW NUT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Bark

189. COCONUT
Food Value per 100 g. approximately
Mythological Background of Coconut Tree
The Fruit
Kernel
Cancer and Coconut
Dry Kernel or Copra
Tender Coconut Water or (Eleneer)
Medicinal Uses of Tender Coconut Water
Tender Coconut Water in Cholera
Tender Coconut Water as a Substitute for Normal Saline
Tender Coconut Water in Infections
Tender Coconut Water as a Cosmetic
Coconut Oil: (Oleum cocois B.P.)
Uses of Coconut Oil
Flower
Coir
Shell
Coconut Toddy
Leaves
Stem
Roots

190. CHESTNUT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

191. COBNUT
Food Value per 100g. approximately

192. CUDPANUTS OR ALMONDS
Physiopharmacology and Therapeutics

193. FILBERT NUT
Physiopharmacology and Therapeutics
194. GROUNDNUT OR PEANUT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Essential Amino Acids (per 100 g. proteins)
Comparative Food Value of Groundnuts
Groundnuts in Obesity
Groundnuts in Diabetes
Groundnuts in Cardiovascular Disorders
Preparation of Groundnut Milk
Chemical Composition of Groundnut Milk
Uses of Groundnut Milk
Preparation of Curds
Food Value of groundnut curds per 100 g.
Fear of Cancer by Eating Groundnuts
Groundnut Butter
Groundnut Candies
Groundnut Biscuits
Groundnut Oil (oleum Arachis B.P.C.)
Groundnut Cake
195. PISTACHIONUT
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

196. WALNUT
Food Value per 100g. approximately
Physiopharmacology and Therapeutics
Leaves
Bark

197. WATER CHESTNUT
Physiochemical Characteristics of Water Chestnut
Physiopharmacology and Therapeutics

198. CASTOR SEED
Physiopharmacology and Therapeutics
Castor Oil (oleum Ricini B.P.)
Chemistry of Castor Oil
Chemical Composition
Castor Leaves
Roots

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199. COTTON SEED
Physiopharmacology and Therapeutics
Cotton seeds
Cotton Seed Oil (Oleum Gossypii seminis, B.P.)
Leaves
Flowers
Bark

200. GINGELLY SEEDS
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Gingelly Oil (Oleum Sesami B.P.C.)
Leaves

201. OLIVE OIL
Physiopharmacology and Therapeutics
Chemical Composition

202. SAFFLOWER SEED
Physiopharmacology and Therapeutics
Flowers
Safflower Oil

203. SUNFLOWER SEEDS
Physiopharmacology and Therapeutics

PART-IX
CEREALS OR MILLETS

204. BAJARA
Food Value per 100 g. approximately
Medicinal Value

205. BARLEY
Food Value per 100 g. approximately
Medicinal Value

206. OATS
Food value per 100 g. approximately
207. JAWAR
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

208. ITALIAN MILLET
Food Value per 100 g. approximately

209. MAIZE
Food Value per 100 g. approximately
Medicinal Value

210. RAGI
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics
How to Prepare Good Quality Ragi Malt
Food Value of the malt per 100 g. approximately

211. RICE
Food Value per 100 g. approximately

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Physiopharmacology and Therapeutics
Physical Structure of Rice
Digestibility of Rice
Effect of par-boiling Paddy
Nutritive Value of Fermented Rice

212. ROUGH CHAFF
Food Value per cent approximately
Essential Amino Acids per 16 g N (per cent)

213. WHEAT
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Chemical composition of germ per 100 g. approximately
Wheat Products
Whole Wheat Flour
White Wheat Flour
Semolina (Soji or Rava)
Brown Bread (whole wheat flour)
White Bread
Digestibility of Bread
How to Select a Good Quality Bread
Chapaties
Macaroni

214. FAREX
PULSES

215. BENGAL GRAM
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
216. BLACK GRAM
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics
How to Prepare Good Quality Papad
(Black gram dal wafers)
Method of Preparation
Leaves
Roots

217. COW-GRAM
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics

218. FIELD BEAN
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics
219. GREEN GRAM
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics

220. HORSE GRAM
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics
Horse Gram in the Treatment of Urinary Calculi
How Urinary Stones are Formed
Kinds of Urinary Stones or Calculi
1. Phosphatic Calculi
2. Uric acid Calculi
3. Oxalate Calculi
4. Cystine Calculi
5. Xanthine Calculi
6. Staghorn Calculi
Signs and Symptoms of Urinary Stones
Management of Renal Colic Leaves

221. KHESRI DAL
Physiopharmacology and Therapeutics

222. LENTIL
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Physiopharmacology and Therapeutics

223. RED-GRAM
Food Value per 100 g. approximately
Essential Amino Acids (g. per 100 g. protein)
Medicinal Value
PART-XI

SPICES
Uses of Spices

224. ASAFOETIDA
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Hing in Gynaecology and Obstetrics

225. CARDAMOM
Food Value per 100 g. approximately (Nelliampathy Estate Cardamom seeds)
Physiopharmacology and Therapeutics

226. CHILLIES
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Rutin
Red Chillies

227. CINNAMON
Physiopharmacology and Therapeutics
Cinnamon Oil (Oleum cinnamomi, B.P.)
Chemical Composition

228. CLOVE
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Clove Oil (Oleum caryophylli B.P.)
Chemical Composition

229. CORIANDER
Physiopharmacology and Therapeutics
Chemical Composition
230. CUMIN
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

231. GARLIC
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Garlic is an Excellent Tonic
Preparation of Makradhwaja
Chemical Composition
Pharmacological Action
Therapeutics of Makradhwaja

232. GINGER
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
233. MACE AND NUTMEG
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Nutmeg
Nutmeg Oil. Oleum Myristicae B.P.
Chemical Composition

234. OMUM
Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Ajowan Oil (Oleum Ajowan I.C.A.)
Chemical Composition
Thymol (Ajowan ka-phool or Sat-e-ajowan, B.P.)

235. PEPPER
Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Confectio Pepper

236. SAUNF
Physiopharmacology and Therapeutics
Chemical Composition
Saunf Oil (Oleum foeniculi B.P.C.)
Leaves
Root

237. SINAPIS
Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Mustard Oil (Oleum sinapis expressum)

238. TAMARIND
Food value per 100 g. approximately
Physiopharmacology and Therapeutics
238. TAMARIND
Food value per 100 g. approximately
Physiopharmacology and Therapeutics
Chemical Composition
Leaves
Flowers
Bark
Seed

239. TURMERIC
Food Value per 100 g. approximately
Physiopharmacology and Therapeutics

PART-XII
MISCELLANEOUS FOODS

240. ARECA NUT
Food Value per 100 g. approximately
Medicinal Value

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Chemical Composition

241. ARROWROOT
Food Value per 100 g. approximately
Medicinal value

242. BETEL LEAVES
Food Value per 100 g. approximately
Medicinal Value
Oral Cancer and Betel Leaves Chewing
What is Cancer?
What Causes Cancer?
Which are the Most Common Sites of Cancer?
Who Gets Cancer Easily?
Is Cancer Curable?
How to Detect Early Cancer?
How Betel-chewing Causes Cancer?
Clinical Findings in Group A
The Factors that Cause Cancer by Chewing Betel Leaves
How to prevent and cure oral cancer
Other uses of betel leaves
243. COCOA SUGAR

Food Value per cup of cocoa
(milk 8 ozs, cocoa 6 g. sugar 15 g.)
Medicinal Value
Chemical Composition of Cocoa

244. COFFEE

Food Value per cupful of coffee having 6 ounces decoction, 2 ounces milk and 15 g. sugar.
Physiopharmacology and Therapeutics
Difference between C. Arabica and C. Robusta
C. Arabica
C. Robusta
Chemical Composition of Coffee per cent
Roasting and Grinding
How to Prepare Good Coffee
Uses of Coffee
Bad Effects of Coffee
249. SUGAR

250. TEA
How to Prepare Good Tea
Uses of Tea
Bad Effects of Drinking Tea in Excess
Foods Rich in Fluorides (Dry foods ppm)
How Hyperfluoridation Occurs
Signs and Symptoms of Hyperfluorosis
Defluoridation of Water

251. VINEGAR
Vinegar or Sirka

252. YEAST
Food Value per 100 g. approximately
Medicinal Value
Caution

253. Poppy Seeds

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How to make good quality wines, How to make Guava-jelly, Medicinal Uses of Ripe Mango, Pests and Diseases of Tomato, What is the Function of Chlorophyll, Reasons For Vitamin Deficiency, Horse Gram in the Treatment of Urinary Calculi, Signs and Symptoms of Urinary Stones, What is Cancer ?, What Causes Cancer ?, Bad Effects of Coffee, What is enzyme, How to prepare Apple-cider Vinegar, How to stop drinking alcohol, sugar, tea, vinegar, yeast, Poppy Seeds, cocoa sugar, coffee, arrowroot, betel leaves, tamarind, turmeric, areca nut, saunf, sinapis, tamarind, cumin, garlic, ginger, cinnamon, clove, coriander, asafoetida, cardamom, chillies, lentil, red-gram, green gram, horse gram, black gram, cow-gram, Herbs, Medicinal plants, Herbal products, Classification, medicinal plants and their uses, importance of medicinal plants, indian medicinal plants and their uses, medicinal plants and their scientific names, medicinal plants in india, Herbal Medicine, Herbal Foods And Its Medicinal Values, herbal medicine industry, herbal supplements and remedies, Herbal Beauty Products, Natural Herbs, Herbs Uses, Medicinal Herbs, Organic Foods, Ayurvedic Medicine, Amla Benefits And Uses, Benefits of Amla Juice, Health Benefits of Bananas, How to Prevent the Spoilage of Mangoes, Internal uses of Menthol Mixture, Almond Syrup, Fear of Cancer by Eating Groundnuts,
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Niir Project Consultancy Services
106-E, Kamla Nagar, Opp. Spark Mall,
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Tel: +91-11-23843955, 23845654, 23845886, 8800733955

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- Bio-fertilizers And Biotechnology
- Breakfast Snacks And Cereal Food
- Bicycle Tyres & Tubes, Bicycle Parts, Bicycle Assembling
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- Copper & Copper Based Projects
- Dairy/Milk Processing
- Disinfectants, Pesticides, Insecticides, Mosquito Repellents
- Electrical, Electronic And Computer based Projects
- Essential Oils, Oils & Fats And Allied
- Engineering Goods
- Fibre Glass & Float Glass
- Fast Moving Consumer Goods
- Food, Bakery, Agro Processing
Sectors We Cover Cont...

- Fruits & Vegetables Processing
- Ferro Alloys Based Projects
- Fertilizers & Biofertilizers
- Ginger & Ginger Based Projects
- Herbs And Medicinal Cultivation And Jatropha (Biofuel)
- Hotel & Hospitality Projects
- Hospital Based Projects
- Herbal Based Projects
- Inks, Stationery And Export Industries
Sectors We Cover

- Infrastructure Projects
- Jute & Jute Based Products
- Leather And Leather Based Projects
- Leisure & Entertainment Based Projects
- Livestock Farming Of Birds & Animals
- Minerals And Minerals
- Maize Processing (Wet Milling) & Maize Based Projects
- Medical Plastics, Disposables Plastic Syringe, Blood Bags
- Organic Farming, Neem Products Etc.
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<td>9. Plastic Film, Plastic Waste And Plastic Compounds</td>
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Sectors We Cover

- Potato And Potato Based Projects
- Printing And Packaging
- Real Estate, Leisure And Hospitality
- Rubber And Rubber Products
- Soaps And Detergents
- Stationary Products
- Spices And Snacks Food
- Steel & Steel Products
- Textile Auxiliary And Chemicals
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Niir Project Consultancy Services
106-E, Kamla Nagar, Opp. Spark Mall,
New Delhi-110007, India.

Email: npcs.ei@gmail.com, info@entrepreneurindia.co
Tel: +91-11-23843955, 23845654, 23845886, 8800733955
Mobile: +91-9811043595
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