

## Converting Modern Medicines with Wood Apple

(\* Jassi Singh, Ashmita Sharma, Sumit Raj Khare and Sanjeev Singh Baghel)

ITM, Gwalior, Madhya Pradesh

\*Corresponding Author's email: [singhjassi0911@gmail.com](mailto:singhjassi0911@gmail.com)

Not from today but from a long time ago, the selection of different types of medicines and the benefits of their many properties have been prevalent for the last several centuries. This fruit is also one of them. As it exhibits, it possesses various medicinal properties which are beneficial and for the destruction of various diseases that are currently besetting the human beings. It is considered as good vine. It's shape is like that or the fruit is very good and sweet in taste. It's speciality is also that it grows in every type of environment. But, it is tropical but still it is found in the Plateau region. Money is less spent in this because it is natural and cow dung manure apply and fertilizers do not have to be used in it. For the reason, the farmer does not get much effect in pocket . At present, what good means of income are the farmers getting from it's cultivation? For it wood apple fruit . full of qualities

### Medicinal Uses



Every fruit has medicinal value with adequate amount of dietary fibre, anti- inflammatory compounds etc.

- It helps in digestion by providing better amount of nutritive value and fibre and in the case of constipation provides beneficial effects.
- It helps to cure heart problems , better in blood circulation.
- People consumes wood apple in juice form that helps to control diabetes and physician or health experts recommended to the diabetic patients for controlling the effect of it.
- Regular wood apple is very beneficial for improving the functions of Kidney properly.
- Extract of this fruit is useful for hair and scalp problems.
- It helps to remove the toxic substances and improves the functioning of Liver.
- It is rich in Vitamin-C, Iron that prevents to lead diseases like, Scurvy, Anaemia etc.

### Converting Modern Medicines with this Fruit



- It shows the anti-tumour and antimicrobial activity then, we can use this fruit and make in the form of Syrup as a Liver tonic & Cardiac tonic.
- It has good content of Vitamin-C then, we can make in use of vitamin tablets in the case of deficiency of vitamin-C in the body.
- We can utilize this fruit into Hair serum, Hair oil that will be helpful for better growth of hair.
- Wood apple can exercise into skin toner to hydrate, brighten and tone the skin.
- We can bring to bear this fruit into Candy or Toffee to cure the deficiency of Malnutrition in Children.

### Future Scope



There will be a wide scope of this fruit . it has a good content of nutrition, fibre, and antioxidant property. We can prepare many value- added products from this fruit like Jam, Jelly and other beverages will give a large potential for value addition and give a great exploration in the marketing of this fruit, because of it's nutritive and medicinal value.

**Table 1: Mineral and Vitamins content of kaitha pulp**

Minerals (µg/g)			
Analyte	Concentration(µg/g)	Analyte	Concentration(µg/g)
P	1137.35	Cr	1.543
Mg	852.5	Pb	0.163
Ca	711.8	Li	0.241
Fe	23	Mo	0.263
Zn	23.84	Ni	0.819
Cu	6.67	Se	0.768
Mn	3.64	Ti	0.257
Vitamins (µg/g)			
Vitamin C	180	Thiamine(B1)	0.31
Riboflavin(B <sub>2</sub> )	0.23	Beta-carotene	0.04

**Table 2 : Oil, Protein, Carbohydrates, Ash & Fiber content**

Oil	34%
Protein	28%
Carbohydrates	11%
Ash	4%
Fiber	19%

### How to Grow Wood Apple in Orchard

- Wood apple ia a deciduous tree , its height is mostly 6 to 5 meters.
- Flowers of Wood apple is green and white in colour and depends on which variety are grown.





- In India Wood apple is cultivated in North eastern state , Western Himalaya ,U.P, Bihar, M.P.
- Wood apple , it requires Arid and Semi- arid climate.
- Wood apple grows well in normal winter and Summer weather.
- Wood apple does not require much rainfall.
- The temperature requires 40°C- 50°C for better growth.

#### Soil

- All types of soil is suitable.
- Its yield is high in Sandy loam soil.
- Ph is 5-8

#### Field preparation

- Wood apple are planted in pits, and before planting, prepare the pits in the field.
- After this procedure, the field is left open for sometime.
- Due to this procedure, the soil of the field gets sunlight properly.
- After that, two to three oblique ploughing is done with the cultivator of the field and after ploughing the field is irrigated.
- After apply irrigation in field, the field soil surface looks dry then during that time the field is ploughed by using a rotavator. This procedure makes the soil of the field friable and after that the soil is levelled.
- Prepare all the pits in rows keeping a distance of 5-6 meters.
- After this, the fertilizer and organic manure mixed with soil and filled in the pits.
- 10kg Organic manures, 50g K, 50gN and 25g P mixed with soil and filled up all the pits and all these pits are prepared before one month.
- Wood apple seeds are transplanted as seedlings, these plants are prepared in the field or in a nursery bed.
- After that 40-50 days plants are ready to transplant in Orchard field before seedling , pits will be treated by Bavistin or Cow urine for controlling the risk of getting any diseases.
- Seedling time- May to June and during in first week of March.

#### Wood Apple Natural Endowment and Commercial Importance

- Wood apple are available in the Late summer to Post monsoon season in Asia.
- Wood belongs to Rutaceae family in variety present in hard cell.
- Two varieties of Wood apple are popular due to acidic nature in Asia or South east asia.
- In local market, Wood apple also known as Bael or Kaitha bael , both varieties are known for its different species.
- Now-a-days, the requirement of wood apple get scattered from local market to National market.
- Now in India, Wood apple is not cultivated Commercially.
- In Maharastra, Few farmers grows the Sweetest variety of Wood apple.

- Wood apple is not only in use of edible type but also comes in use as medicinal or cosmetic purpose.
- Wood apple also known as in Sanskrit language कपित्थम्
- Wood apple leaves (Bael patra) generally more in use by hindu religious people.
- Wood apple leaves are most commonly used in hindu temples according to religious tradition, and due to which the local market and farmers get economic benefit.
- Highest uses of Wood apple leaves or fruits preferably in these states;
  1. Andhra Pradesh
  2. Tamil nadu
  3. Bihar
  4. Kerala
  5. Karnataka
  6. Madhya Pradesh/ Plateau region
  7. Western Himalayas.