



Nutritional and Health Benefit of Nut Meg

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Abstract

Myristica fragrans commonly known as rich nutmeg is one of the highly prized spices. It is known for its aromatic, aphrodisiac, and curative properties. Nutmeg has many health benefits, studies show that it can help to stop diarrhea (in low dose), detoxify the body, and stimulate the brain, etc. Nutmeg has more good nutritional benefit such as rich in energy, dietary fiber and proteins, carbohydrates, and mainly rich in Vitamins A, C, and E. It also contains electrolytes, minerals such as copper, iron, magnesium, manganese, zinc, and phosphorus and phytonutrients include carotene-B and cryptoxanthin B. It contains antioxidant, antimicrobial, and antifungal and having number of ethnopharmacological properties, these are rich in flesh, seed, and mace of nutmeg. Consuming a huge amount of nutmeg can complicate the body because it is a strong spice should use in small quantities. Nutmeg has enormous amount of benefits, but keep the usage of nutmeg should be in control.

Introduction

Myristica fragrans (Nutmeg) an evergreen flowering tree belonging to family Myristicaceae known by most of the taxonomist native to Asia, Africa Pacific islands, and America(1). *Myristica fragrans* possess different names throughout the world. In India particularly in Tamil Nadu and Kerala it is known as Jathikai, Andhra it's called Jaji kaya, Northern Indian it is known as Jaiphal.

Nutritional Value of Nutmeg

Though Nutmeg is used sparingly in dishes still its impact health in many ways with high nutritive contents like vitamins, minerals and organic compounds related essential oils. According to the USDA National Nutrient Database, these beneficial components include dietary fiber, manganese, thiamin, vitamin B6, folate, magnesium and copper (Table 1).

Table 1: Nutritive Value - Nutmeg (each 100 g)

Nutrient	Value
Water (g)	6.23
Energy	525.00
Energy (kJ)	2196.00
Protein (g)	5.84
Total lipid (fat)(g)	36.31
Ash(g)	2.34
Carbohydrate (g)	49.29
Fiber, total dietary (g)	20.80
Sugars, total including NLEA (g)	2.99
Calcium, Ca [mg]	189.00

Nutrient	Value
Iron, Fe [mg]	3.04
Magnesium, Mg [mg]	183.00
Phosphorus, P [mg]	213.00
Potassium, K [mg]	350.00
Sodium, Na [mg]	16.00
Zinc, Zn [mg]	2.15
Copper, Cu [mg]	1.03
Manganese, Mn [mg]	2.90
Selenium, Se [µg]	1.60
Vitamin C, total ascorbic acid [mg]	3.00
Thiamin [mg]	0.35
Riboflavin [mg]	0.06
Niacin [mg]	1.30
Vitamin B-6 [mg]	0.16
Folate, total [µg]	76.00
Folate, food [µg]	76.00
Folate, DFE [µg]	76.00
Choline, total [mg]	8.80
Vitamin A, RAE [µg]	5.00
Carotene, beta [µg]	28.00

Ref- USDA Database



Health Benefit

The beneficial components include dietary fiber, manganese, thiamine, Vitamin B6, folate, magnesium, copper, and it has benefits such as relief pain, promotes digestion, improves brain health, detoxifies the body, oral health, treats insomnia and leukemia, hormone imbalance, and skin care, and regulates blood pressure(2).

Conclusion

Nutmeg is a powerful ingredient that possesses many qualities. It can be a spice, a medicine, and can be a drug at some point. Nutmeg's oil has its existence because of its texture and essence. These all Chemicals have their significance and properties. Nutmeg has a complexity of many chemicals together, at some point nutmeg can be useful with the appropriate quantity but it can be very harmful if it is taken in large amounts or in the wrong way. It also has medical properties like antibacterial, antimicrobial, anti-inflammatory, chemo preventive properties, etc. Using nutmeg as a spice gives a unique flavor to dishes.

References

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2. Rodianawati I, Hastuti P, Cahyanto MN. Nutmeg's (*Myristica fragrans* Houtt) oleoresin: effect of heating to chemical compositions and antifungal properties. *Procedia Food Science*.2015; 3:244-254.