



HEALTH WONDERS OF ALUM AND ASAFOETIDA

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ABSTRACT

Alum and Asafoetida is extensively used all over the world in the preparation of medicine against various diseases such as influenza, intestinal parasites, asthma, stomach-ache, epilepsy, weak digestion and flatulence. Current pharmacological studies revealed that both of these two natural spices exhibit antidiabetic, antioxidant, antiviral and antispasmodic activity. However comprehensive investigations are required proceeding to clinical trials.

Keywords: Potash alum; Selenate Alum; oxidizing agent; Fomite; Anticarcinogenesis, Epilepsy

INTRODUCTION

Since numerous spices have been used as a food to fulfill our daily nutritional requirements and in traditional culinary all over the world. Most of these spices have potential to be used as effective medicine against a number of medical ailments. Here we discuss the therapeutic benefits of Alum and Asafoetida.

Alum is a naturally occurring rock mineral found in the Earth's crusts and layers of soil sediments where the process of oxidation

and weathering occurs readily [1].it is usually composed of sulphate of different univalent and trivalent metals [2] This rock mineral is in crystalline form at normal temperature and but is often marketed in the form of fine white particles [3].

Types of alum depend on mineral composition. Enlisted below are some known types of alum:

1. **Potash alum:** Most commonly used alum type which is also known as tawas