

## Value added products of Nutmeg

Nutmeg (*Myristica fragrans*) belongs to the family Myristicaceae. Nutmeg produces two spices of commerce namely nutmeg, dried kernel of the seed and mace, the dried aril surrounding the seed. Nutmeg rind constitutes 80 to 85 per



cent of its whole fruit weight and at ripe stage it has an acidic astringent taste with aromatic flavour. If it can be converted to attractive value added products it will be a boon to nutmeg farmers. Nutmeg and mace oils are unique products having wide applications in developing numerous natural value added products in flavouring of processed foods and beverages, baked foods, syrups, sweets and in perfumes. They also form an integral ingredient in male fragrances and after shave lotions in cosmetics and personal care products. They find a major place in formulations of cough syrups, herbal balms and dental creams and in pharmaceuticals too. The oils are applied externally for relief from rheumatic pain and can be applied as emergency treatment to dull toothache. They are used in the treatment of inflammations of bladder and urinary track, flatulence and insomnia. It is given in drop doses in honey for digestive upsets and used for bad breath, nausea, gastro enteritis, chronic diarrhea and indigestion. Medicinally, they are known for their stimulative and carminative properties. Massage oils can be formulated with these essential oils in combination with thyme essential oil or rosemary essential oil, for muscular pains associated with rheumatism or over exertion. They possess strong antimicrobial antifungal, anti-carcinogenic and insecticidal properties.