

POTENTIAL BENEFITS OF ARROWROOT

Historically, arrowroot has been used for its medicinal properties. Most of its potential health benefits are linked to its starch content and composition. Arrowroot powder is highly nutritious. Porridge made of arrowroot powder is a good medication for diarrhoea in children. Arrowroot mixture was administered to women in their post delivery period. A mixture of jaggery and boiled arrow root powder is a healthy food for all and it digests fast. Arrowroot contains plenty of starch. Arrowroot mix was a ritualistic drink for women observing fast on *Tiruvathira* day. These clearly show the nutritious value of arrowroot.



Arrowroot powder is widely used in Ayurvedic and Siddha medicines. Arrowroot is an inevitable raw ingredient in bakery industry. All the major biscuit companies in India make arrowroot biscuits. Arrowroot is in high demand for pharmaceutical industry as well. In some places the leaves of arrowroot plant are fed to cattle and goat. The residue after processing arrowroot can be used in fodder. The clear water derived from arrowroot processing is a good pesticide.

Arrowroot needs no pesticides. Even if proper sunlight is available, these plants grow well without fertilizers. They also grow under the shade of trees. In short, Kerala is ideal for the farming of arrowroot. Public has to be made aware of the medicinal value and immunity power of arrowroot powder. Also, value added goods have to be produced

➤ **Digestion Aids/ fight against diarrhea**

The demulcent effects of arrowroot powder soothe the bowels and help regulate bowel movements. It's a remedy for diarrhoea especially for people with IBS both by firming stool and helping to rehydrate. Severe diarrhoea may lead to fluid loss, dehydration, and even death — especially in vulnerable populations, such as children. It relieves nausea and replaces nutrients that are lost due to diarrhoea and vomiting.

Arrowroot's high starch content may be responsible, as it helps increase stool consistency and size. Arrowroot water, which is made by boiling arrowroot powder, decreased the rate of cholera-induced diarrhoea more effectively than a rehydration solution.

➤ **May aid weight loss**

Arrowroot powder comprises 32% resistant starch, which our body cannot digest. It forms a viscous gel when mixed with water and behaves like soluble fibre in your gut. Foods high in fibre and resistant starch slow our rate of digestion, giving a prolonged feeling of fullness. In turn, this may regulate our appetite and lead to weight loss. Arrowroot's protein content may aid feelings of fullness as well

➤ **Heart Health**

Arrowroot is a good source of potassium which is an important component of cell and body fluids that help regulate our heart rate and blood pressure.

➤ **Balances Cholesterol**

Arrowroot promotes bile production, which increases cholesterol uptake by our gall bladder necessary for bile synthesis

➤ **Maintains Acid/Alkaline Balance**

Calcium ash is the only starch in arrowroot. It comes in the form of calcium chloride, a compound that's central to maintaining the proper acid and alkaline balance.

➤ **Helps Fight Food Borne Pathogens**

Arrowroot has the ability to fight foodborne pathogens that cause illness, especially in liquid foods such as soup.

➤ **Supports our immune system**

Arrowroot's resistant starch content may stimulate our immune system. This tuber is a potential source of prebiotics, which are a type of fibre that feeds your gut bacteria. Beneficial gut bacteria may boost our immune health, as they produce multiple vitamins and absorb key minerals that our immune system needs to function properly.

➤ **Fits a gluten-free diet**

Like most tubers, arrowroot is naturally gluten-free. Its powder can be used as a substitute for wheat flour. Those who have celiac disease — a common digestive disorder in which gluten inflames our small intestine — need to completely avoid this protein. Grains like barley, wheat, and rye, as well as products made from them, contain gluten. Intriguingly, arrowroot's resistant starch is especially applicable for gluten-free products because it helps improve their texture, crispness, and flavour

Uses for arrowroot

- ✓ Though we can cook the root itself, arrowroot is more frequently consumed as a powder.
- ✓ It's used as a thickening agent for sauces, puddings, and jellies, as well as an ingredient in baked goods like cookies and cakes.
- ✓ Arrowroot powder is excellent for making smooth homemade ice cream as it interferes with the formation of large ice crystals and is not affected by freezing
- ✓ It's a popular replacement for wheat flour in gluten-free recipes
- ✓ It may have several cosmetic applications due to its alleged oil-absorbing capacity, though they are not necessarily supported by scientific evidence

- ❖ **Dry shampoo:** Massage arrowroot powder into the scalp to refresh hair without water.
- ❖ **Deodorant ingredient:** Mix equal parts arrowroot powder, coconut oil, and baking soda for a homemade deodorant.
- ❖ **Talcum and baby powder substitute:** This powder is said to absorb moisture and increase smoothness.
- ❖ **Homemade makeup:** Mix arrowroot powder with 1) cinnamon and nutmeg to make face powder or foundation, 2) beetroot powder for blush, or 3) cocoa powder for bronzer.