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The health benefits of Oha leaf**Anyanwu Michael Chigbaziri**

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African Rosewood leaves, *Pterocarpus mildraedii*, (Oha Leaf) Oha leaf botanically known as “*Pterocarpus mildraedii*” belonged to the Africa Rosewood family that popularly grown in the Eastern part of Nigeria and in other African countries. It has about 60 species where its tress has many commercial values. Scholarships have shown that Oha leaf is medicinal that retains its greenish leaves throughout the year. It contains many nutrients such as iron calcium, amino acids, iron, potassium, fibre, vitamin A and C, etc. According Akpanyung, E.O., Udoh, A.P. & Akpan, E.J., 1995, the nutritious value of *Pterocarpus mildraedii* contains per 100 g edible portion: water 85 g, energy 237 kJ (57 kcal), protein 3.8 g, fat 0.8 g,

carbohydrate 8.2 g, crude fibre 1.13 g, Ca 72 mg, Mg 28 mg, Fe 4.7 mg and Zn 3.1 mg. This is to say that oha leaf has major ingredients in the preparation of the famous Oha/Ora soup or vegetable soup. It aids digestive function. Well prepared ora soup makes digestion easy. The dietary fiber found in it helps to improve the digestive function, explore and absorb the nutrient well. It prevents constipation This fiber helps to digest the food well, so the food residue can be pushed out of the body easily. It regulates the blood glucose levels. It will prevent the accumulation of calorie in the blood that can increase the blood glucose level.

Biography

Anyanwu Michael Chigbaziri is a 4th year student of pharmacy at the International Humanitarian Odessa Medical University, Ukraine. I am from Imo State Nigeria. She is the Director of UAB Chigbaziri Ltd Lithuanian on dealer of African Foods.

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