

Plants and Animals as a Sources of Vitamins A, B, and C, and Their Role in Living Organisms, Curing Different Diseases:-- A Review Report

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Abstract:- Plants are the most useful sources of food as well as fodder, fuel, best vitamin A, B, and C, sources (Bentley, 1880-1883). They also acts as, sources of pharmaceutical products. Medicinal plants curing different diseases and they also provides good environment, avoid floods, provides good air for breathing. Sources Presidency of India.

Keywords:- Plants, Animal, Vitamin Sources, Roles in Curing Diseases, etc.

History:- Plants are the first biological/ living organisms on the earth. These maybe wild firstly, but then they may be cultivated in all parts of the world and also in Presidency of India. In past like BRITISH PHARMACOPOEIA, IN AYURVEDA AND UNANI SYSTEM of medicine together with the village remedies have been included in it. The reviews from plants gives a lots of information and a medicinal properties for curing different diseases from ancient times in literature.

I. INTRODUCTION

Information regarding their active constituents and vitamins present has been given when no attempt has been made to evaluate critically the medicinal plants valuation and other elements.

Plants were used since roots, leaves, seeds, body cover, each and every part of the plants can be used as medicinal point of view. The many well known medicinal plants were chemically analysed. Soon their characteristics and isolated compounds may be in pure state / in the form of well characterised extracts, became the part of Pharmacopoeias of many countries. Example- CHINESE CRUDE-DRUGS-MAHUNG ASTRINGENT (MA) yellow (Huang) has been in use in China for over 5000 years, for the treatment of fever, and respiratory infections as drugs. Its active components EPHIDRIN was isolated in 1887 by Nagai and Hari in Japan.

There are about 80% of the World depends on the herbal based medicine. The people who live in rural areas around the world use plants from ancient times as healing properties sources in curing different diseases, malnutrition, Diarrhoea, dysentery, jaundice, ulcers, cough, asthma, nervous system disorder, vomiting, skin diseases, urinary disorders, bronchitis,, stomach ache, antipyretic, cardio tonic, constipation and wound healing properties. Herbs give good results on this basis World Health Organization (WHO) currently encouraged, recommends and promotes traditional herbal remedies in National Health Programmes, because such drugs are easily available at low cost are comparatively safe and people have faith in such remedies.

Honey bees produce honey which is also very effective in and have very important properties, like-,anti-bacterial,anti- microbial, anti- fungal,anti-oxidantal, wound-healing .Also different by-product's produced by them are also used in Chemical , fungal, pharmaceutical and leather-industry, paints, varnishes and Cosmetic industry all over the globe. The properties of honey , it increase appetite, it, also reduces weight, / fats, when taken along with lemon juice and warm water in morning. Honey is mixed with various sources and prepared candies and chocolate preparations. Honey bee venom is used for the treatment of patients of arthritis.

II. MATERIALS AND METHODS

From the literature sources and reviews and different on line sources information has been collected and the plants and animal origin sources were discussed with their significance.

III. OBSERVATION AND RESULTS

It is observed from various types of plants and animal origin sources give a very important Vitamin and other useful matter for man and his domestic animals and its daily life from natural plants and plant products and medicinal herbs and spices and plants for Pharmaceutical companies and cosmetics and other furniture industry too and human being physical needs are filled by nature.

IV. DISCUSSION

Ayurveda means “Science of life“ evolved between 4000 and 600B.C.The oldest treatise of Ayurveda compiled between 500-300B.C.

One of the most outstanding work of Bentley was on *Medicinal plants* published between 1880-1883, (4) Volumes. Plants are the best sources of all A, B, &C types of vitamins. We can find that the reviews from different sources and literature provide a large numbers of benefits for mankind and its day today life. We can have number of functional properties and uses of plants as follows:-

V. USES / FUNCTIONS OF PLANTS

- 1) All the plant parts of the most of the plants are used in pharmaceutical industry for the preparation of chemical and drugs, medicine etc.
- 2) All the plants are avoid the floods, give, vegetables and fruits, cereals, pulses, oils for human being and food, fodder, vitamins for living organism.
- 3) It give oxygen to living organisms and provide food through the process of photosynthesis.
- 4) It avoid the erosion of land.
- 5) It stops pollution from air, / water by absorbing hazardous waste in environment.

“LIFE IS THE BEST TEACHER, BUT NATURE IS THE BEST PRE-ACHER”.
 “BE GOOD WITH NATURE, IT DO GOOD WITH US. “
 “SO BE GOOD, DO GOOD WITH NATURE.”

We will have the sources of plants withrich sources of vitamins, A, B and C, as follows:-

- 1) Sources ofPlantsof vitamins A:-Carrot, sweet-potato, leafy vegetables, pumpkin, Parsley, tomato, Animal source Milk and liver, Cod liver oil. Etc.

***Role of vitamin A:-**

- a) It is necessary for over all health and well being because human body can’t make it, people must obtain this vitamin from their diet. It plays important role in many bodily activities. Like a) Immune system function.
- b) reproduction c) skin health. C) the function of lining of gut, bladder, and other surface tissues. d) healthy vision, e) growth and development e) provitamin A comes from carotenoids mainly Beta-carotene present in plant based foods, fruits and vegetables.

The Office of Dietary Supplements list the recommended dietary allowances for vitamin A as follows:-

Sr. No. -Demographic-----+-----
 ----Daily amount (mcg) -----.

- 1) Males aged14 years and older. -----+-----
 900.
- 2) Females aged 14 years and older. -----
 --700.

- 3) Pregnantteens aged 14&18 yrs. Older. -----
 -750.
- 4) Pregnant women aged 19 yrs. &older.-----+----
 -770.
- 5) Breastfeedingteens aged 14-18yrs.-----+-----
 1200.
- 6) Beastfeeding women aged19yrs.&older.-----+----
 1300.
- A) For vitamin A the recommended values, daily values (DV) is 500 IU for adults and children aged 4yrs. And older.
- B) 11 U = 0..3mcg forperformed vitamin A.
- C) 11 U= 0.05mcg for Beta-carotene from food. 2

- 2) Sources of Plants of vitamin B:-Whole grains of Brown rice, barley, millet, sunflower seeds, almond, Avacodas,,legumes (beans,lentils etc.),&animal source of Meat, Poultry,, eggs and and fish products and milk and milk products.

****Role of vitamin B:-**

- a) It plays important vital role in energy production. B) Formation of RBCs. C) Vitamin B12 Supplements used for Pernicious Anaemia d) it plays important role in CELL-METABOLISM living organisms for Carbohydrates, fats, and Proteins. e) It maintain the healthy skin, heart and muscles of whole body. f) it maintain the healthy nervous system./digestive system/vision/mucous membrane of skin, hair, &nails. g) it helps in the synthesis of steroid hormones.

- 3) Sources of Plants of vitamin C:-FRUITS of KALADU plums, AREOLA CHERRIES, ROSE HIPS, Chilli peppers, Broccoli, Brussels sprouts, Cauliflower, Green and Red peppers, Spinach, Cabbage, Turnip leaves, Leafy vegetables, Sweet and White potatoes, Tomato and Tomato juices, Winter-squash, Guavas, Sweet yellow peppers, Black Currants, Thyme Parsely, Kale (Cruciferous Vegetables, Kiwis, Lemons, Lychees, American Persimmons, Papayas, Strawberries, Oranges,

*****Role of vitamin C:-**

- a) it needs for the growth and repair of the tissues in all parts of the body. b) it gives an important protein used to make skin tendons, ligaments and blood-vessels, c) Healing wounds &scar tissues. d)repair &maintain cartilage, bones, and teeth, e) it helps in the absorption of iron. F) it acts as an ANTI-OXIDANTS and plays a important role in Cancer, Heart diseases and Arthritis like, Diseases.

Plants as sources of vitamins A, B, &C in International Unit(IU) /100gm

Sr. No.	Name of the plants	Vit.A	Vit.B	Vit.C
1.	Abelmoschus esculentus (Linnaeus)	58	21	16
2.	Allium cepa (Linnaeus)	25	40	11

3. <i>Allium sativum</i> (Linnaeus)	-----nil-----
-----++++nil-----+-----13-----+++++	
4. <i>Amorphophallus compenkatus</i> (Blu).	-----434-----
-----20-----Trace-----.	
5. <i>Amacardium occidentale</i> (Linnaeus)	-----100-----
-----nil-----+-----nil-----++.	
6. <i>Ananus sativus</i> (Schultz).	-----Trace-----
-----++-----Nil-----Nil-----.	
7. <i>Apium graveolens</i> (Linnaeus)	-----++++-----5300-
7500-----Trace-----+-----62-----++.	
8. <i>Anona sqamosa</i> (Linnaeus)	-----Trace-----
-----nil-----++-----_-----nil-----++-----.	
9. <i>Archis hypogaea</i> (Linnaeus)	-----63-----
+++++-----300-----nil-----++++.	
10. <i>Araca catechu</i> (Linnaeus) (Nut).	-----++++-----05-----
---+-----nil-----nil-----++-----+.	
11. <i>Artacarpus integrifolia</i> (Linnaeus)	-----540-----
-----nil-----++-----nil-----++-----	
(Ripped parts of edible fruits.)	
12. <i>Cicer artinum</i> (Linnaeus)	-----++++----- (6700),
(316) -----100-----_-----+-----135-----	
(Leaves, Seeds)	
13. <i>Coriandrum sativum</i> (Linnaeus) (leaves)	-----10450—
12600-----nil-----+-----Trace-----	
14. <i>Coriadrum satium</i> (Linnaeus)	-----+-----+-----1570-----
-----nil-----+-----Trace-----.	
15. <i>Dacus carota</i> (Linnaeus).	-----+-----2000-
4300-----60-----+-----Trace-----.	
16. <i>Lathyrus sativus</i> (Linnaeus)	-----6000-----
+-----nil-----+-----nil-----.	
(Leaves)	
17. <i>Lathyrus sativus</i> (Grants)	-----200-----
-----nil-----+-----+-----nil-----	
18. <i>Magnifera indica</i> (Linnaeus)	-----150-----
+-----+-----05-----nil-----	
(Green fruit 🍏🍏🍏)	
19. <i>Magnifera indica</i> (Linnaeus)	-----4800-----
-----Trace-----001-----.	
(Ripped fruits 🍏🍏🍏)	
20. <i>Melia azadirachtta</i> (Linnaeus)	-----4000-----
-----nil-----+-----013-----.	
21. <i>Moringa oleifera</i> (Leaves🌿🌿)	-----11300-----
-----+-----70-----+-----+-----220-----.	

VI. CONCLUSION

We, can not neglect the role/their importance in the globe of plants in the life of living organisms, human being as it plays a number of function for making life possible on the earth. I quote a poem for the plants 🌿🌿/Nature 🌿🌿🌿.

Nature is Nature,
 Don't make a torture,
 Nature is PRE-ACHER,
 Nature is Provider,
 Nature is Teacher,
 Nature is God-father,
 From Nature we get more,
 We get larger and further,
 When Nature is there,

Man can only survive more.

Conclusion:- Therefore, we can not neglect / avoid the importance of the plants and their importance in, each and every day today activities. We can not survive without it. You see today outbreak of Covid 19 situation we can not get Oxygen Cylinder for patients, but Nature is providing Oxygen Continuously without taking any Price from Man. Nature doing his duty from ancient period. It also fulfilled biologically and physically needs of man.

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