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A glance at the restorative potential of basil seeds

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Basil seeds (Ocimum basilicum L.) are plant-based seeds found abundantly in the tropics of South America, Africa, and Asia. They possesses gel-like consistency when soaked in water and are rich source of dietary fiber, protein, vitamin K, iron and potent antioxidants i.e. orientin and vicentin. Traditionally they have been used as a medicinal meal to enhance digestion, promote weight reduction, control blood sugar, control blood pressure, calm the mind, and lower cholesterol. Additionally, basil seeds are especially helpful in the summer since they ward off dehydration and lower body temperatures to prevent heatstroke. For a healthy weight loss journey, weight loss professionals suggest basil seeds to their clientele. In South Asia (mainly Pakistan and India) basil seeds are widely used in drinks, ice desserts, and simple water to avoid dehydration and gastric issues. On the other hand excessive use of these seeds can decrease the level of estrogen in females which can lead to pregnancy complications so one should avoid basil seeds during pregnancy. It also lowers the blood sugar and blood pressure levels beyond the normal if consumed more than the normal recommendation. But their health benefits cannot be denied if used in moderation

Biography

Hamza Jan received his MSc. (Hons) with research domain in Human Nutrition & Dietetics in the year 2020 from the University of Agriculture, Faisalabad (UAF) under the supervision of Dr. Aysha Sameen. Currently, he is serving as Head of the Human Nutrition & Dietetics Department in AL-RAZI Institute Lahore. His research interests focus on the Development & Quality Evaluation of Cheese Spread Enriched with Branched Chain Amino Acids in experimental subjects to assess associated health benefits. He also Working on Community Nutrition with Aim of Provide Nutritional Awareness at National Level.