



Kazi Nazrul University

Asansol West Bengal - 713340

REGISTRATION CERTIFICATE

This is to certify that **PURBITA DEY**
Son/Daughter of **SAJAL KUMAR DEY**
of **RANIGANJ GIRLS' COLLEGE**
is registered as a student of this University,

His/Her registration number is **113211220047** *of* **2021-22**



Registrar

Raniganj Girls' College

Course Name: Environment Studies

Course Code: AEE101

Topic of the project: QUALITATIVE STUDY OF MEDICINAL PLANTS

A Project Report

Submitted by Semester-I students

(Academic Year 2021-22)

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BINITA GHATAK	113211220011
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SRESTHA CHATTERJEE	113211220042
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SUDESHNA PANDA	113211220005
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CERTIFICATE

This is to certify that this project titled “QUALITATIVE STUDY OF MEDICINAL PLANTS” submitted by the students for the award of degree of B.A. Honours/ Program is a bonafide record of work carried out under my guidance and supervision.

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Place: Raniganj

Date: 07.03.2022



State Aided College Teacher-II, Department of Geography

Signature of the supervisor with designation and department

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Date: 07.03.2022

Purbita Dey
Student's signature

Qualitative study of Medicinal Plants (Carrot)

Aims : Carrots are credited with many medicinal properties. They can clean the intestines, prevent cancer, obesity etc. Carrot is rich in alkaline elements which purify and revitalize the blood. The beta carotene in carrot juice may likewise aid your skin.

- Carrot, which medical plant I used in the project

Scientific Classification

Kingdom : Plantae

Order : Apiales

Family : Apiaceae

Genus : Daucus

Species : D. carota

Bionomial Name : Daucus carota

Reason of choosing the medicinal plant :

Carrot plants mainly it's roots act as medicinal plants. The roots provide many useful minerals and vitamin such as potassium, calcium, iron

alkaline, vitamin **C**, **A**, Biotin, Vitamin **K1**, Lutein etc that prevent many disease and protect ourselves.

So I use/choose the medicinal plant Carrot (Daucus carota).

Carrot (Daucus carota), a medicinal plant

The carrot is a root vegetable, typically orange in colour, though purple, black, red, white and yellow cultivars exist, all of which are domesticated forms of the wild carrot, Daucus carota, native to Europe and Southwestern Asia.

- Carrots are a particularly good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants.

Nutritional Facts

The nutrition facts for two small-to-medium raw carrots (100g) are:

- Calories : 41
- Water : 88%
- Protein : 0.9 g
- Carbs : 9.6 g
- Sugar : 4.7 g
- Fiber : 2.8 g
- Fat : 0.2 g

Carbs

Carrots are mainly composed of water and Carbs.

Fiber

Pectin is the main form of soluble fiber in carrots.

Vitamins and minerals

Carrots are a good source of several vitamins and minerals, especially biotin, potassium and Vitamins A (from beta carotene), K1 (Phylloquinone) and B6.

- ▣ Vitamin A: Carrots are rich in beta carotene, which your body converts into vitamin A. This nutrient promotes good vision ~~your~~ and is important for growth, development, and immune function.
- ▣ Vitamin K1: Also known as phylloquinone, vitamin K1 is important for blood coagulation and can promote bone health.
- ▣ Biotin: It is known as vitamin H, biotin plays an important role in fat and protein metabolism.
- ▣ Potassium: An essential mineral, potassium is important for blood pressure control.
- ▣ Vitamin B6: A group of related vitamins, B6 is involved in the conversion of food into energy.

• The main plant compounds in carrots are :

Beta carotene → Orange carrots are very high in beta carotene. The absorption is better if the carrots are cooked.

Alpha-carotene → An antioxidant that, like beta carotene, is partly converted into vitamin A in our body.

Lutein → One of the most common antioxidants in carrots, lutein is predominantly found in yellow and orange carrots and is important for eye health.

Lycopene → A bright red antioxidant found in many red fruits and vegetables, including red and purple carrots, lycopene may decrease your risk of cancer and heart disease.

Polycetylenes → Recent research has identified bioactive compounds in carrots that may help protect against leukemia and other cancers.

Anthocyanins → These are powerful antioxidants found in dark coloured carrots.

• 10 amazing health benefits of Carrot

1. Improved Vision: Carrots are rich in beta-carotene, which is converted into vitamin A in the liver. Vitamin A is transformed in the retina, to rhodopsin, a purple pigment necessary for night vision. Beta-carotene has also been shown to protect against macular degeneration and senile cataracts.

2. Cancer Prevention: Carrots reduce the risk of lung cancer, breast cancer and colon cancer. Falcarinol and falcarinodiol have anticancer properties. Falcarinol is a natural pesticide produced by the carrots that protects the its roots from fungal disease.

3. Anti-aging : The high levels beta-carotene act as an antioxidant to cell damage done to the body through regular metabolism.

4. Healthy Glowing Skin : Vitamin A and antioxidant protect the skin from sun damage. Vitamin prevents premature wrinkling, acne, dry skin, pigmentation, blemishes, uneven skin tone.

5. A powerful antiseptic : Known by herbalists to prevent infection. They can be used on cuts shredded raw or boiled and mashed.

6. Beautiful skin : Carrots are used as an inexpensive and very convenient facial mask.

7. Prevent Heart Disease : Carotenoids are associated with a lower risk of heart disease. The regular consumption of carrots also reduces cholesterol levels because the soluble fibers in carrots binding with bile acids.

8. Cleanse the Body : Vitamin A assists the liver in flushing out the toxins from the body. It reduces the bile and fat in liver.

9. Healthy Teeth and Gum : The minerals in carrots balance out the acid forming and cavity-forming bacteria and prevent tooth damage.

10. Prevent Stroke : People who ate more than six carrots a week are less likely to suffer a stroke than who ate only one carrot a month or more.

5 • 10:32 ✨ purbita ✨
Procedure of how the carrot plant has been Parented :

1. Proper sunlight : At least 6 hours of direct sunlight everyday.
2. Soil type : Carrots thrive well in loose, well-drained soils. Excess stones and rocks in the soil will cause the carrots to deform or split.
3. Watering : Carrots need plenty of water to grow.
4. Temperature : The ideal temperature to grow them ranges between $55^{\circ}\text{F} - 75^{\circ}\text{F}$

After know the above idea I started to -

- ① Preparing the Planting Bed to grow carrots plant.
- ② Then sowing the seeds in prepared bed.
- ③ Next I gave water to them (seeds) to grow up.
- ④ After I applied some fertilizer.

In this way everyday I followed this rules and, ^{finaly} one day the carrot plant grew up.

