



Green Blood Therapy of Wheatgrass

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ABSTRACT: The shoot *Triticum aestivum* Linn is additionally referred to as wheatgrass happiness to the family Poaceae.

In this only a few clinical studies done on this promising seasoning drug that required to conduct in depth studies on wheatgrass each in experimental model and human subject that develop grass medical care with no side effects in cure, prevention, and management of chronic diseases that our trendy system have lost their hopes. Whereas the normal seasoning drugs that square measure used from ancient days in India typically glorious to be freed from harmful effects. Wheatgrass is that the humble weed called powerhouse of nutrient and nutriment for flesh. it's shown potential anti-inflammatory, inhibitor and anti aging property.

Keyword : *Triticum aestivum*, Gum Diseases, Anticancer, anti rheumatic, Arthritis.

I. INTRODUCTION :

wheatgrass juice is additionally referred to as inexperienced juice. Wheatgrass juice is nature's finest pharmaceutical product. it's a capable focused fluid supplement. additional ever grass has higher pigment additionally called grass pigment that is basis of flora.

Both hemoglobin and pigment share similar atom structure to make their individual molecules. Human blood consists of iron, while in pigment the aluminous atom is Mg. Mg found in nucleon of pigment is crucial and helpful for regarding thirty enzymes of our body. It stimulate metabolism and additionally restores pH scale blood. it's pigment content in wheat grass that detoxifies the body and strengthens immunity. The 3 most effects of grass on flesh square measure colon cleansing, liver detoxification and blood

purification. grass has high concentration of pigment, minerals (Ca, potassium, iron, Mg Na and sulphur), seventeen styles of amino acids, vitamins (A,B,C,E, & K) and active enzymes.

There are some purpose on grass juice that most popular to different herb containing are as follows :

1. The style of wall barley is bitter. Not solely elders, however even the youngsters notice it unpalatable to require for a protracted time.
2. grass contains a special property that permits to paralyse harmful parts of body or to eliminate them from body.
3. though Alfalfa additionally contain plentiful quantity of pigment, it's troublesome to grow it within the home as its roots unfold deeper in ground. Beside once sowing seeds, Alfalfa takes longer time before its grass is prepared for consumption. Its style is additionally relatively pungent.
4. Paddy grass is mostly terribly dry. little or no juice will be extract from it.
5. Palak (spinach) leaves juice contain minerals in plentiful however little or no digestive juice. This is associate degree account of grass contains most compounds that defend from cancer inflicting agents, as well as enzyme (SOD) that decreases the summary poisons of body and impact of radiation. It scrubs the body from head to toe of any over whelming metals, poisons and completely different poisons that may be place away in body tissue and organ. it's smart to own two ounces of grass juice a day.

A. Wheatgrass Juice B. Wheatgrass Common name of *Triticum aestivum*

Hindi	Gehun
English	Wheat
Urdu	Gehun
Sanskrit	Arupa, Godhuma
Tamil	Godumai
Telugu	Godumalu

Kannada

Godhi

The following benefits that show juicing grass is incredibly helpful :

- Wheatgrass energies and scale back fatigue.
- It is associate degree drug.
- Wheatgrass juice improves metabolism.
- It improves digestion.
- Wheatgrass juice enrich the blood , take away blood disorders and lower force per unit area.
- Wheatgrass juice is bactericide and helps cleanse the liver.

Green Blood medical care

Green blood medical care is that the use of grass juice to cure multiple diseases. grass is termed because the inexperienced blood. The name inexperienced blood of grass is attribute to its high pigment content that account is for regarding seventy you look after its structural similarity to hemoglobin.

1.1 Nutritional care

Wheatgrass juice may be a wealthy supply of vitamins A,C,E & vitamin B as well as B12. It contains a mess of minerals like Ca, phosphorus, magnesium, alkaline-earth metal metal, potassium, zinc, element and metal. It even have a high content of bioflavonoids sort of a quercetin and luteolin. the opposite notable feature of grass is its high proportion of amino acids like amino acid, arginine, aminoalkanoic acid, amino acid and aminoalkanoic acid.

1.2 Treatment of multiple diseases

Wheatgrass medical care is suggested for patients stricken by chronic diseases like blubber, high blood pressure, Parkinson's unwellness, Asthma, Constipation, Joint pain, Insomnia, Diabetes, respiratory illness sterility, Hemorrhage. we are able to additionally use it within the treatment of cancer.

1.3 Wheatgrass cultivation and its parameters

Wheatgrass will be cultivated in outside, however as ordinarily full-grown in inside on trays full of potting combine for fifteen days. because the leaves grow they eventually split as this thus referred to as "jointing stage" purpose the blades will be snipped off granting a second spherical of leaves to grow. Wheatgrass was with success full-grown in growth chamber and piece of ground condition at temperature of eighteen to 26°C and a ratio of forty

to fifty it absolutely was found to be appropriate for growth of grass.

Importance of grass juice

- Wheatgrass juice is seventy nothing pigment.
- Science has tested that pigment arrest growth and development of unfriendly microorganism.
- Wheatgrass reconstruct the blood stream. Studies of varied animals.
- Farmers in middle west WHO have sterile cows and bulls place them on grass to revive fertility.
- Liquid pigment get into tissues,refine them and create them over.
- Chlorophyll neutralizes toxins in body.
- Wheatgrass improves blood glucose problems.
- Wheatgrass juice cures ache and even take away scars once it's been eaten for seven to eight months. The diet should be improved at constant time.
- A bit of grass juice in human diet prevents dental caries.
- Wheatgrass juice will dissolve the scars that square measure shaped on lungs from respiration acid gasses. The carbon monoxide gas is reduced since pigment will increase hemoglobin production.
- Wheatgrass will take away serious metal from body. This info springs from the writing of doctors and analysis scientists and isn't meant metal replaces the service of toy physicians however solely to supply academic info.

Health advantages of wheatgrass

Nutraceutical may be a food or foodstuff that has health and medical advantages as well as the hindrance and treatment of unwellness. Nutraceutical square measure the merchandise generally claim to forestall chronic diseases, improves health, delay aging method and increase life.

Wheatgrass is usually found herb in India. Contain enzymes like enzyme, cytochrome, enzyme and enzyme. pigment has been shown to supply associate degree unfavorable atmosphere for microorganism growth in body and thus effective in increasing the body resistance to health problem.

Probably the foremost necessary advantage of grass is it cancer fighting agent. grass produces associate degree immunisation result against several dietary carcinogens. we are able to grow grass in little cups, pots, trays terribly handily in our homes in order that we'll have contemporary juice and powder with minimum value.

Nutrition

According to the us Department of Agriculture trusty supply (USDA), one 8-gram (g) tablespoon of organic grass powder contains:

Energy: twenty five calories

Protein: one g

Carbohydrates: six g, or two of associate degree adult's daily necessities or daily price (DV)

Fiber: 4 g, or Bastille Day of DV

Calcium: twenty four milligrams (mg)

Iron: 1 mg, or 6 June 1944 of DV

Vitamin K: eighty six micrograms, or seventieth of DV

A 2018 study trusty supply explains that grass may be a smart supply of proteins, antioxidants, vitamins, and minerals.

Diseases and their Treatment with Wheatgrass Juice

1. Cancer

The WGJ is integral a half of the vegetarianism below the complementary and practice of medicine (CAM) approach of malignant tumor medical care, thanks to its high inhibitor content.

The WGJ could be a extremely placed supply of chlorophyll, laetirile, and inhibitor catalyst enzyme. wheat-grass intake enhances hemoprotein synthesis as chlorophyll bears a structural analogy to hemoprotein. this can be often indicated that the gas offer to all or any body cells as well as cancer cells that area unit extremely at risk of high gas concentration due to the hurtful effects caused by the generation of reactive gas species.

Wheatgrass involved as Associate in Nursing malignant tumor agent is that the growth regulator abscisic acid (ABA). This secretion is forty times less attackable four h when cutting the wheat-grass plant.

ABA will neutralize the result of the secretion sac endocrine|hormone|endocrine|internal secretion} and a compound almost like this hormone has been found to be created by the cancer cells. The

WGJ seems helpful embody inhibitor activity preventing aerobic injury to DNA (DNA) and lipid peroxidation, stimulation of gap junction communication, effects on cell transformation and differentiation, inhibition of cell proliferation and cistron expression, effects on immune perform and inhibition of endogenous formation of carcinogens.

2. Diseases associated with blood and additionally the blood circulation system

Included among this class area unit anemia, high pressure level, artery malady, internal hemorrhage, clotting, and additionally the like. Regular intake of the WGJ works wonders particularly within the cases of anemia that no alternative medical care has such fast cure. Having two hundred cubic centimetre juice double every day is sometimes counseled. it's conjointly helpful f or thalassemic patients.

3. Digestive diseases

Wheatgrass medical care is best within the case of organic process disorders, i.e. it shows its fast result. Constipation, dyspepsia, flatulent, nausea, vomiting, acidity, ulcers within the abdomen and intestines, smelling on the intestines, and worms area unit a range of the distinguished diseases and disorders that wheat-grass will cure while not abundant din. However, the patients affected by constipation area unit suggested to chew wheat-grass well initially and so swallow the residual lump conjointly later. If cabbage juice is another to the WGJ it yields faster and higher ends up in the grievance of ulceration within the abdomen and intestines.

4. Anti-asthmatic and anti-allergic agent

The wealthy nutrition and inhibitor content is employed for the anti-allergic actions of WGJ. throughout a study conducted to analyze the relationships between the intake of the inhibitor (pro)-vitamins C, E and β -carotene, and additionally the presence of metabolic process symptoms and respiratory organ perform, it had been found that vitamin C intake wasn't related to most metabolic process symptoms (cough, wheeze, shortness of breath), however was reciprocally connected with cough. Patients with a high intake of ascorbic acid had a better forced propitiatory volume in one s (FEV1) and better forced diagnostic test (FVC) than those with an occasional vitamin C intake.

5. Teeth and gum-related diseases

Wheatgrass is a good remedy for all the complaints of teeth and gums. However, the cure would be higher if wheat-grass is chewed and its juice is massaged on the gums.

6. Diseases of joints

Included during this class area unit swelling on the joints, pain within the joints, arthritis, bone rot, etc. at intervals the treatment of joints the wheat-grass medical care has got to be used with patience for while. However, this abundant is assured that this medical care provides positive results.

7. Skin diseases

Wheatgrass extract (Dr. wheat-grass Skin Recovery Cream), a topical medicinal drug immunomodulator, substance P matter, topical styptic agent, and stimulant of fibroblastic activity with a large vary of healing properties, has been attracting attention.

8. Kidney-related ailments

The WGJ provides higher results for stone, inflammation of the vesica, and inflammation of the kidneys.

9. Disease connected with the reproductive organs

Sexual frailness and pain area unit the 2 disease/disorders that this medical care will cure with comparative ease. Taking the wheat juice orally and applying the components of the soft portion of the wheat-grass on the genitalia facilitate greatly cure the sickness.

10. Ear diseases

It is utilized in relieving ear pain and natural process the matter of septic discharge from the ear. The WGJ has shown excellent results. additionally to taking the wheat-grass orally, some juice ought to be born within the ears to cure ear diseases.

11. Detoxifying agent

The vitality of liver is of high concern for the well-being of a personal because it is that the major organ involved in detoxification. additionally to the stimulating and regenerative properties of chlorophyll, alternative constituents of WGJ like B vitamin and its high mineral content area unit to blame for the therapeutic advantages.

Precautions before beginning the medical aid :

1. One thought to take solely juice for two days before beginning the medical aid. As a

result alltoxic components would be eliminated from the body

2. Take raw vegetables and sprouts for one or two days. Then begin the medical aid.

3. Pregnant women and nursing mothers should avoid wheatgrass-containing supplements

4. Wheatgrass supplements could contain high amounts of fat-soluble vitamin. Those on warfarin thought to exercise caution within the use of wheatgrass supplements.

II. CONCLUSION

This review finished that the wheat grass juice (WGJ) has higher degree of curative index and might be suggested to

treat several diseases like asthma, hardening of the arteries, Parkinson's illness, joint pains, TB, constipation, high blood pressure, diabetes, bronchitis, insomnia, eczema, sterility, hemorrhage, obesity, flatulence and cancer. Wheatgrass is one in every of inexperienced substances

that are honored by well-being of individuals as a fantastic supply of nutritious supplements. Wheatgrass is thought as complete nourishment. Wheatgrass is promoted to treat variety

of conditions. Prevention is healthier than cure thus, it's higher to incorporate the wheatgrass in regular diet in any form like juice, powder, etc. to forestall varied chronic diseases.

Researches thought to target this exceptionally encouraging natural medication, endeavors are expected to direct broad studies on the wheat grass each in check models and human subjects to make wheat grass treatment with no side effects in prevention, cure and treatment of many harmful health conditions that this medical sciences failed to discover any fine resolution.

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