



BIOCHEMICAL AND ETHNOBOTANICAL USES OF CARROT

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ABSTRACT:

The present paper deals with Carrot commonly used by different communities for various purposes. It is hoped that the present study will not only confirm earlier findings recorded in literature, but also provide additional clues in this fields of vital interests.

KEY WORD: Carrot, Biochemical and Ethno medicinal.

INTRODUCTION:

Carrot (*Daucus carota* L.) has Origin - Native to Europe. The name 'Carrot' is Celtic, and means 'red of colour,' and Daucus from the Greek dais to burn, signifying its pungent and stimulating qualities. Also it is known as Queen-Anne's lace, Bees' Nest, Bird's Nest, Carrot, Carotte, Wild Carrot, Yarkuki, Zanahoria, Birds Nest Weed, Devils Plague,



CARROT PLANT

Garden Carrot, Bee's nest plant, Bird's nest root when tender. Gather seed in fall. Carrot is 1mt tall, erect, from large tap root, dense spreading to retrogress hispid, and herbaceous, branching, single from base. Stem at a node. Leaves - alternate, glabrous, bipinnately divided. Leaflets pinnatifid, macronate, with spine less than .5mm long. Lowest leaves long petiolate. Upper leaves short petiolate to sub sessile. Inflorescence - a compound umbel terminating stem, to +12cm wide. Inflorescence subtended by pinnately divided threadlike bracts forming an involucre. Primary rays +20, to +7cm long. Umbellets with +20 flowers. Bracts of the umbel, Bracelets of the Umbellets. Flowers-Corolla to +/-3mm broad. Petals 5, unequal, glabrous, white to purple. Largest petal often cleft or divided. Stamens 5, falling early. Fruit to 4mm long, 2mm broad, with dense straight or uncinuate bristles. Un-opened flowers. Flowering - May - October.

MATERIALS AND METHOD:

Several chemical compound and Ethnobotanical uses of various parts of Carrot are popular. Chemical compound of Carrot is abstracted with some different fraction from leaf, bark, root, seed and oil by customary method.

RESULTS AND DISCUSSIONS:

Parts used

The whole plant, aerial parts, roots, seeds, and oil extracted from the (fruit) seeds.

Properties

It is an aromatic herb with diuretic and digestive properties, useful to stimulate the uterus. It has anti-cancer properties and improves eyesight and skin health, due to it being a rich source of beta-carotene. Wild Carrot is edible and medicinal, root is edible cooked or raw, flower clusters can be french-fried for a carrot-flavoured, quite attractive dish. The aromatic seed is used as flavouring in stews and soups. Used for centuries as an alternative medicine. These constituents are known to have these activities, analgesic, anti-arthritic, antidepressant, anti-psychotic, anti-schizophrenic, antidote, anti-inflammatory, antibacterial, anticonvulsant, anti-diabetic, anti-estrogenic, anti-flu, antihistaminic, antioxidant, antiseptic, antispasmodic, anti-epileptic, anti-anxiety, anti-stress, ant-spasms, anti-hangover, antiviral, cancer-preventive, expectorant, fungistat, immunostimulant, mao-inhibitor, sedative, tranquilizer, aphrodisiac, sweetener, pituitary-stimulant, and more.

CARROT COMPOUND:

The main chemical constituents of carrot seed oil include α -pinene, camphene, β -pinene, sabinene, myrcene, γ -terpinene, limonene, β -bisabolene, geranyl acetate and carotol. Acetone, acetylcholine, α -linolenic-acid, α -pinene, α -tocopherol, apigenin, arachidonic-acid, arginine, asarone, ascorbic-acid, bergapten, beta-carotene, beta-sitosterol, caffeic-acid, camphor, chlorogenic-acid, chlorophyll, chrysin, citral, citric-acid, coumarin, elemicin, esculetin, ethanol, eugenol, falcarinol, ferulic-acid, folacin, formic-acid, fructose, gamma-linolenic-acid, geraniol, glutamine, glycine, hcn, histidine, kaempferol, lecithin, limonene, linoleic-acid, lithium, lupeol, lutein, luteolin, lycopene, magnesium, manganese, methionine, mufa, myrcene, myricetin, myristicin, niacin, oleic-acid, pantothenic-acid, pectin, phenylalanine, potassium, psoralen, quercetin, scopoletin, stigmasterol, sucrose, terpinen-4-ol, thiamin, tryptophan, tyrosine, umbelliferone, xanthotoxin, and a slew of other Vitamins and minerals. The leaves contain flavonoids and furanocoumarins (5-methoxypsoralen and 8-methosporalen) while the fruits (the seeds) have high levels of flavones (apigenin, luteolin and chrysin),

as well as flavonols (quercetin and kaempferol) and a complex essential oil. The essential oil contains monoterpenoids (α -pinene, β -pinene, geraniol, limonene, α -terpinen and terpinen-4-ol), phenylpropanoid (asarone) as well as sesquiterpenoids (β -bisabolene, caryophyllene, β -elemene, carotol and daucol).

ETHNOMEDICINAL USES:

Internal use

- ☒ Wild carrot is traditionally used to treat kidney and bladder problems, especially for bladder gravel.
- ☒ It is also used to treat flatulence, indigestion, cystitis, gout, oedema, and menstrual problems.
- ☒ Carrot (sativa) juice is included in diets for cancer patients. Carrots are reported to rid the body of threadworms, if eaten raw. The carotene in the juice is converted to vitamin A in the liver.
- ☒ Including carrots (sativa) in a daily diet is reported to improve eyesight, especially night vision, as the functioning of the eye requires some of the nutritional components found in carrots.
- ☒ Carotene is extracted from carrots (sativa) for commercial food supplements.

External use

- ☒ Carrot seed oil is used in cosmetic preparations that fight wrinkles and to rejuvenate the skin.
- ☒ It is also used in perfumes for its orris-like scent.

Aromatherapy and essential oil use

- ☒ The essential oil made from carrot seeds is an excellent body purifier. It boosts the liver and has a positive effect on the digestive system and bowels.
- ☒ It assists in the formation of red blood corpuscles (cells) and has a strengthening effect on the skin.
- ☒ It also helps to reduce age spots and gives the skin a more youthful complexion, due to its formative action on epidermal cells.
- ☒ The essential oil should not be confused with macerated oil made by infusing carrots into base oil and although this macerated oil is helpful for a variety of things, it does NOT have the therapeutic properties of the essential oil.
- ☒ Also used successfully on ulcers, eczema, psoriasis, vitiligo and boils.
- ☒ It has carminative, diuretic, emmenagogue, stimulant, and tonic properties
- ☒ A medicinal infusion is used in the treatment of various complaints including digestive disorders, (soothes the digestive tract), kidney and bladder diseases and in the treatment of dropsy, it supports the liver, stimulates the flow of urine and the removal of waste by the kidneys. A wonderfully cleansing medicinal herb, an infusion of the leaves has been used to counter cystitis and kidney stone formation, and to diminish stones that have already formed.

☑ The seeds can be used as a settling carminative agent for the relief of flatulence and Colic.

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