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## PREVENTION OF ADULTERATION IN FOOD AND PRESERVATION OF HUMAN BODY IN THE LIGHT OF HEALTH AND HYGIENE AS WELL AS ECONOMY

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### ABSTRACT:

In the era of Adulteration today, the common mass of people is always being cheated in the purity and 'cost' of food (eatable things). By reducing the cost of things and aiming more benefit earning, the way of mixing and adding uneatable and poisonous impurities within the eatables is adopted. Moreover, in such malpractice people become not only the victims of adulterated things but also are affected in dangerous system. Due to various kinds of uneatable colours and chemicals, the different diseases occur like cancer, intestine, liver and also diseases related to digestic organs, barren, abortion, vomit, nausea, kidney infections, paralysis, damage of brain etc. and other different types of illness. Viewing the point, emistry might be (involved) useful and helpable to human beings (our society) and the direct aim of this paper is to enlighten the common mass of people towards adulteration and to make aware of it by simple experiment in day-to-day life. To avoid the harmful involvement to health and hygiene of the general public to become helpful to enable common man of each and every corner of the world. Therefore every citizen may become the 'food inspector' itself and become the only and solely protector for his/her health and hygiene which can directly save crores of rupees of the nation every year from the expenditure of medicines.

**KEY WORDS:** *Prevention, Adulteration, Food, Preservation, Health, Hygiene, Economy.*

### INTRODUCTION:

The fundamental need for the project development of any nation are only two aspects and they are (i) education and (ii) health. If Education Health is damaged/disturbed, it may disturb the progress of the country and a plenty of expenditure occurs due to protection of health. Nations forms and excute the own rules for the balance of quality in eatables/food. But naturally, the general mass of population is always being cheated in the 'purity' and 'cost' of food. With a view to examining more benefit the adoption of mixing and adding uneatable, and poisonous impurities within. More over in such malpractice people become not only the victims of adulterated things but also are affected in dangerous system. Though the govt implements the steps of prevention of these uneven things, people should be initiative or vigil

towards the adultration and progress of sample tests at home with the primary knowledge may lead to the righ path. Which is essential for any country.

Viewing such points, an humble effort is made for the prepration of the paper.

Practice of adultration is a serious thing. The unknown adultration into the eatables, like various corns, beans and its flour, rice, black-pepper, turmeric, chilly, various spices, cardemum, mustard seed, fennel seeds, cinnamon gravis, ketchup, milk and milk-products, oils and honey etc warn us against suffering from any vital disease.

## EXPERIMENTAL

### ENDANGEROUS ADULTRATION IN USUAL EATABLES/FOOD.

Eatables	Adulterant	Resulted in Diseases
Milk	Oxytocins	Abortion, Barren
Coffee and Tea	Coaltar Dyes	Some colours are Carcinogenic
Pulse	Coaltar Dyes	Some colours are Carcinogenic
Turmeric	Lead Chromate	Anaemia, Paralysis ,Mental Retardness
Sweet	Metanilyallo, Rhodamine-B	Cancerable
Condiment	Copper Sault	Kidney damage
Fennel seed	Malechite Green	Cancerable
Vegetables	Rancid animal Fat	Vomiting
Lady finger	Copper sulphate	Anaemia
Brinjal	Carpophores	Stagnation of growth, Cancer
Cabbage	Phospomidon 2	Stagnation of growth, Cancer
sault	Colours	Diseases entrails
Coriander seed powder	Dang of horses	Imagine yourself

### Domestic Tests to Detect Adulteration

Sr. No.	Eatables	Adulterant	Simple Practical	Result
1.	milk	water	Sinking of lactometer	Less than 1040 density
		Fatless or addition of wheat flour	Pour 2-4 drops iodine in to glass of milk	Turn in to Blue-Black Colour
2.	Granular, Flour of wheat	Iron slurry	Usage of Magnate	Iron slurry will stick to magnate
		Coal powder	In to glass of water	Coal slurry will float over water
3.	Ghee, Butter	Vegetable ghee	½sp.Ghhee+½sp.HCl+ ½sp.String with heat the mixture	Adulteration is prored after having Read colour withing 10 minutes
		Boiled Potatoes	Add 2-4 drop of Iodine	Blackish blue colour is seen
4	Small sugar	Flour of wheat	Testing by 2-3 iodin drops	Blackish blue colour is seen
	Icecream powder	Washing soda	Testing by 2-3 lemon drops	Overflow with foam
5	Chilly	Powder of wood	Testing in glass of water	Wood powder floats and

		Powder of breaks Colour Soap stone		chillies godown Break powder goes to bottom it is heavy Water becomes colourfull due to colors Its smoth white layers is
6	Turmeric,Jalebi , Yellow sweets pulse	Metalik yellow colour	Sample testing 2-4 drops hcl	Turns into red colour
7	Tea	Used tea Powder of wood	Testing in glass of water	wood saw-dust floats seperately
7A	Tea	Artificial tea	Rubbing on white paper	Dyes tea on paper
		Iron-dust	Magnate	Iron slury sticks on mangnate
8	Black paper	Seeds of	Into glass of water	Seeds of flats on water surface
9	Butter,sweet	Wheat flout	Aoddition f 2-4 drops of iodine	Turn in to black-blue colocer
10	Rice	Small stones,pieces of glass	Observation by crystal glass	Seprated pieces of stones and glass are seen
11	Saffron	Saffron coloured moustaches of maize	Mixing with water	Coloure of coloured moustache comes in water
12	cloves	Whit out sense	Appearance	Closes in small size
			Taste	Less taste
13	Coconut oil	Mineral oil	Cooling in freeze	Cools coconut oil and mineral oil is in liquid
14	Coffee	Chikori	Add slowly in to water	Coffee on surface while chikori goes at bottom in colour
15	Salt	White stone chawk powder	Dilute In glass of water	Water becomes white and stone gose down
16	Cummin seeds	Green coloured with carbon	Rub cummin in palms	Struck with palm as it is coloured grass with carbon
17	Cardemum	Paste powder exploited essene	Rub on hand	Sticks powder on hand and tasteless while eating
18	Cateebalu	Chawk	Add acid in sample	Over flows
19	Eatable oil		Add diluted nitric acid	Red+ brown colour
20	Honey	Liquid of suger	Burn honey on cotton	Burns with sound or will not burn
21	Silver foil	Aluminium foil	Burn	Will turn in to shining bulb if it is silver foil find

				duet of brown/black colour if it aluminium
22	Betelnut	Colour,sacarin	Put in water	Dialute in water. Sweeter In water if it is sacrin
23	Cement	Dust	Keep in water	Dust rloats on water
24	Flour of wheat		Add water in flour	Bread bursts if it is made of its flour
25	Asafoetida		Keep in flame of gas-burner	Pure asafoetida if bur like camphor otherwise presence of impurity
26	Variety of beans	Different colours	Stir for half an hour in water	Thick coloured water with impurity(less colourful no onsider)

**CONCLUSION:**

Adultration in food becomes hinderance in the routine progress of the country which threats the humanlives of lacs of people. These malpractise is being made from small things to a large extent into different foods/meals. If the person will be well-aware and awaken towards these things the success of target is not so far. It will keep away the major part of people from the unavoidable disease by the genuine movement.

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