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**Abstract:**

Nutmeg is a regarded kitchen zing that has been used for a significant long time wherever on the world. Similarly to its usage in improving food sources and rewards, nutmeg has been used in ordinary answers for stomach and kidney issues. The cell support, antimicrobial and central tangible framework effects of nutmeg have too been represented recorded as a hard copy. Nutmeg is a rich wellspring of fixed and principal oil, triterpenes, and various kinds of phenolic compounds. The principal oil was removed by steam refining procedure with a yield of 4.7 – 7.5 gm/100 gm, and the resultant oil was presented to material and genuine evaluation. It has a phenomenal lively smell, barely sharp taste, insipid to light yellow in concealing, not separated in water anyway deteriorated in characteristic solvents like ethanol, hexane, chloroform and ether. The specific gravity, refractive document and optical rotate were (0.890 gm/ml), (1.4822) and (+22°), separately. Nutmeg seed is a flavor containing antimicrobial blends and can be applied as an antimicrobial on staples. This assessment was expected to know antimicrobial combinations of nutmeg seed isolating in water, methanol, ethyl acidic corrosive determination and hexane. Look at on the concentrate to control pathogenic creatures (*Staphylococcus aureus*, *Escherichia coli* and *Bacillus cereus*) was driven using debilitating strategy. Phytochemical test was directed to realize the concentrate compounds. In this work, we present three strategies for confirmation of myristicin from plant material. The point of this article is to clarify that how the phytochemicals of nutmeg fixes the prostate malignancy. Here the terms are clarified about various sorts of extraction measure like Supercritical CO<sub>2</sub> extraction, the lab scale extraction, steam refining, hydro refining, soxhlet extractions in which we get insignificant measure of plant substance to inspect about the malignant growth cells. There are various sorts of malignancy present in this world like sarcoma, Carcinoma, Melanoma yet prostate malignant growth is quite possibly the most hazardous illness found on the planet that is spreading quickly among the people groups.

**Keywords:** Essential oil; Nutmeg; *myristica fragrans*