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Effect of Nutmeg Common Cold

Itilagna Sahoo* and Akanksha Rout
Department of Zoology, School of Applied Science, R&A Centre for Phytopharma,
Centurion University of Technology and Management, Odisha
***Email:** 190705180138@cutm.ac.in

Abstract: Nutmeg seed is a spice which is seen to possess perfect balance for the food as its not only good to food but also our body as its one of the best anti-microbial agent that will serve against the protection of diseases caused by various microorganisms. This examination was expected to know antimicrobial mixtures of nutmeg seed removing in water, methanol, ethyl acetic acid derivation and hexane. Phytochemical test was led to realize the concentrate compounds. We can use the laboratory scale extraction process, methanolic extraction process, reducing power method, OSI method, DPPH scavenging method for the extraction of nutmeg. Then isolation and purification can be done by Gas chromatography, steam distillation, Clevenger, Liquid-Liquid partition, column chromatography, preparative thin chromatography. Nutmeg seed extract seems to be a rich spice with varied bioactive compounds such as flavon oids, flavones, iso-flavones, alkaloids, terpenoids, steroids, saponins, tannins and phenolic. The nutmeg seed extract has antimicrobial activity against various microbes. *Myristica fragrans* seed is wealthy in fundamental and greasy oils, with myristicin and myristic corrosive being the trademark compounds in each gathering individually. Co-extraction of fundamental oil and greasy oil was noticed, and extraction bends for each were gotten. Various chromatographs performed and its investigations encase it as a fundamental and greasy oils were performed. The famous term normal virus mirrors the sensation of crispness on openness to a cool climate that is important for the beginning of indications. The virus is gotten from openness to tainted individuals. Individuals can convey the infection and impart it without encountering any of the side effects themselves. Brooding is short—normally one to four days. The infections begin spreading from a tainted individual before the side effects show up, and the spread arrives at its top during the suggestive stage. So, this review is written to throw light on the traditional use of.

Keywords: Nutmeg; Nutmeg oil; *Myristica fragrans*; Supercritical carbon -dioxide extraction; bioactive compounds; common cold.

Introduction

Myristica malabarica famous by its vernacular names like Malabar nutmeg or Jatiphala. Nutmeg seeds find its common usage in the kitchen as a great cooking ingredient as well as known to enhance the taste and the aromatic flavour of food items. Recent studies done on the nutmeg also prove it to be a great therapeutic agent as it was seen to possess great biological activity against various potential diseases. Nutmeg seems to enhance the various fighting activities against diseases as they are proved to possess therapeutic activity against the intestinal diseases as well as serves as a great astringent against the former activity.

Nutmeg researchers also claim to possess great activities against cancer, thus proving itself as a great anti-neoplastic agent, also is a great antioxidant, as well as serves to protect against various fungal problems thus being a potential antifungal agent, as well as seems to possess anti-helminthic activity. The plants or the producers seem to possess a great boon which is the producers are they which can help in the primary food chain