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(71)Name of Applicant:

1)Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous)

Address of Applicant : Affiliated to University of Madras, Vaishnav College Road, Lakshmi Nagar, Chromepet, Chennai - 600044 -----

Name of Applicant : NA Address of Applicant : NA (72)Name of Inventor : 1)Dr. R Vijaya Vahini

Address of Applicant: Assistant Professor, M.Sc. Food Science Nutrition and Dietetics, Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous), Affiliated to University of Madras, Vaishnav College Road, Lakshmi Nagar, Chromepet, Chennai - 600044 ------

2)Lamiya F

Address of Applicant: Student, M.Sc. Food Science Nutrition and Dietetics, Shrimathi Devkunvar Nanalal Bhatt Vaishnav College for Women (Autonomous), Affiliated to University of Madras, Vaishnav College Road, Lakshmi Nagar, Chromepet, Chennai - 600044 ------

(57) Abstract:

The Banana Blossom, also known as Musa acuminata Colla, is a byproduct of the growth of bananas that are eaten to a significant degree in the countries of India, Sri Lanka, and Southeast Asia. It has been shown to possess anti-cancer, anti-diabetic, and antiproliferative characteristics, in addition to a considerable amount of dietary fiber, phytochemicals, and antioxidants. The category of functional foods with the greatest rate of expansion is that of probiotic foods. Probiotic foods have been linked to a variety of health benefits, including the treatment of diarrhea, the alleviation of symptoms associated with lactose intolerance, the reduction of blood cholesterol, the treatment of irritable bowel syndrome, the presence of anti-carcinogenic properties, the synthesis of vitamins, and the enhancement of the immune system. The fermented product known as sauerkraut is made from cabbage and is considered to be a probiotic superfood. Fermentation was performed on a number of vegetables besides sauerkraut, including yellow velvetleaf, mustard leaf, water spinach, and bamboo sprouts, among others. Fermented vegetables include antioxidants that may help rid the body of potentially dangerous free radicals, which are thought to have a role in the development of degenerative illnesses.

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