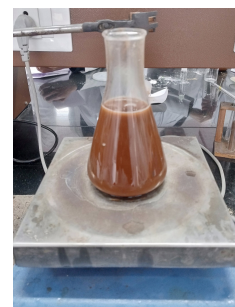


FROM HERBS TO HEALTH

Reported By:- Vrinda Gupta

Department of Chemistry Hindu College, University of Delhi Under the aegis of DBT Star College Scheme in collaboration with STE (Save the Environment) Presents **From Herbs to Health: A workshop on solvent-based extraction protocols**. The workshop was successfully conducted under the able guidance of Dr. Jigni Mishra. The workshop was aimed at improving critical thinking and “hands-on” experimental work and encouraging students to opt for more use of Herbs than artificial medicines. In the workshop, Students extracted Nutraceuticals in capsule form.

Herbs possess a rich repository of metabolites that enable their adaptation under extremely harsh environmental conditions, such as heat stress, cold stress, low oxygen levels, etc. The most unique property of herb-derived therapeutics is that they do not exert any side effects since they are sourced from natural sources. The herbal source was crushed into fine powder form and then weighed and dissolved into 50% ethanol. The mixture was centrifuged for about 15 minutes and then concentrated with the use of a rotatory evaporator. After purification, the extracts can be formulated into NUTRACEUTICALS either in tablets or capsule form.



The workshop encouraged students not just to opt for more Herbal products than synthetic and chemically derived products but also a science of satisfaction on the faces of everyone which truly made the workshop a huge success.

