

## Garden Cress Seeds (Asalia): Bundle of Nutrients

**Dr. Khushbu Gurjar**

College of Community and Applied Sciences, MPUAT, Udaipur

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### Intoduction

Often people overlook these small nutritious foods like chia seeds, pumpkin seeds and flax seeds, while they are quite popular around the world. Among the garden cress seeds, are seeds with medicinal properties, which are classified as oil seeds and nuts.

Garden cress seeds are also known in Hindi as Halim and Chandrashoor, and in Rajasthan as Asalia. These tiny red colored seeds are rich in nutrients like iron, folate, fiber, vitamin-C, A, E and protein. Garden cress seeds are an important medicinal crop in India, it is used to treat anemia and cancer of the uterus. It also has good anti-cancer ability. It is known to be effective against diseases like diabetes, high blood pressure, kidney stones, inflammation, bronchitis and muscle pain.



### Benefits of consuming garden cress seeds

- Rich in Nutrients:** - It provides 454 kcal, 25 g protein, 24 g fat, 6 g mineral salts, 8 g fiber, 33 g carbohydrate; 377 mg calcium and 100 mg iron respectively, per 100 grams of garden cress seeds consumed.
- Reduce the risk of anemia:** - Garden cress seeds help in curing and curing anemia. Because just one tablespoon (10 g) of garden cress seeds provides 10-12 mg of iron. The high level of iron in garden cress seeds promotes the production of red blood

cells and also helps in improving hemoglobin levels in the body. In order to increase the absorption of iron in the body, it is recommended to consume foods rich in vitamin-C along with iron. Garden cress seeds themselves are a rich source of vitamin C and therefore do not require additional sources.

- ✚ **Rich in Vitamin C:-** Eating garden cress seeds can help protect your body from disease and improve immune function. This is because vitamin C acts as an antioxidant to protect against oxidative stress, thereby reducing the risk of inflammation.
- ✚ **Help Regulate Menstruation:-** Regulating the menstrual cycle is very important for women to plan their pregnancy. Garden cress seeds are rich in phytochemicals, which mimic the hormone estrogens, and regulate periods. It may prove to be a natural way to regulate hormones and normalize irregular menstrual cycles.
- ✚ **Increases Immunity:-** Rich in flavonoids (antioxidants), folic acid and vitamins A, C and E, garden cress seeds are a great food for improving the body's immunity that can help protect you from various infections and diseases. Its antimicrobial properties help prevent various infections like fever, cold and sore throat.

#### Also Note:

We always say, consuming any food in moderation is the key to better health. Just because it is a powerhouse of nutrients, it should not be consumed continuously. Limit its consumption to 1 tsp a day, between 1 tbsp (5-10gm), and consume it 3 to 4 times a week. Enjoy the wonderful benefits it offers and pregnant women should consume it only after consulting a doctor.

Here are some easy ways to include garden cress seeds in your diet.

1. It can also be used in daily life by mixing it in wheat flour, in different types of flour such as in making chapati, mixing it with maida to make mathri, making pudding, making stuffed roti, making vegetables.
2. It can be used in the same way as mustard is used in pickles because its taste is somewhat similar to that of mustard.
  - Mix some black salt in the hand-ground haleem seeds and add it to the salad.
  - Add nuts as well as hand-ground haleem seeds to the laddoos. If it is used with spices, then its taste increases.