

## **BOOK REVIEW**

### **Occurrences, Structure, Biosynthesis, and Health Benefits Based on Their Evidences of Medicinal Phytochemicals in Vegetables and Fruits. Volume 4**

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The book is very much worth reading because the chapters have been written authoritatively. From centuries old knowledge we have known that fruits and vegetables play an important role in human health. Recently, we are beginning to understand the reasons of health benefits basing on scientific studies. This book aims to summerize some of the current knowledge and findings.

The first chapter focused on the health benefits of goji berries ( *Lycium barbarum* and *L. chinenses* of Solanaceae family). This chapter dealt in depth about the scattered information published in several scientific journals.

The second chapter illustrated the molecular interactions studies of polyphenols with DNA . The authors tried to explore the potential use of these interactions in new drug discovery and drug development. Fruits and vegetables contain polyphenols. Polyphenols are shown to posses plethora of health benefits like antioxidants, antiinfective, anticarcinogenic and freeradical scavengers. In addition, they prevent cardiovascular diseases. Their role in repairing DNA mutations is well recognized. The beneficial effects of the polyphenols through their DNA binding ability is an important subject waiting to be explored.

The third chapter explored the possibility of using naturally occuring antidermatophytic agents to treat some fungal infections. The natural remedies are gaining popularity. Herbs and their products are extensively used in skin care cosmetic formulations. The authors described antimicrobial properties of natural products tested against a battery of micro organisms.

The last chapter described the cardenolides (steroids and their glycosides) present in *Calotropis gigantea* and *C. procera* . This technical information is very useful for researchers working in the related fields. *Calotropis* is poinious plant not recommended for human consumption as a fruit or a vegetable. Some of these compounds particularly steroidal glycosides present in various parts of the plant are cardiotoxic in nature. However, the authors made an important contribution by describing the chemistry of some cardenolides, steroids and their glycosides. These compounds may be explored for their theurapatic usage in lower concentrations after a careful consideration and evaluation of their poisonous nature by conducting suitable studies.

In conclusion, the book is very useful for new researchers to find the topic of their interest. Being a useful source of information on selected topics it inspires students, academic and industriy researchers, as well as government and funding agencies in natural products. The illustrations and photos are brilliant and well presented. The book is a pleasure to read.

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