

Nutraceutical Properties of *Piper betel*: An Ancient Remedy

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Abstract—Very famous deep green heart shaped leaves from the family of Piperaceae known as *Piper betel* Linn. Betel leaves are rich in nutrients and phytochemicals. It has many medicinal properties thus use in curing various diseases since ancient times. Anti-ulcer, anti-platelet, anti-diabetic, bad breath, boils and abscesses, anemia, conjunctivitis, constipation, headache, arthritis etc. are cured by betel leaves. The purpose of research is to evaluate the nutraceutical properties of betel leaves; as well as to study its medicinal and therapeutic properties and also cause of its side effects. Dried powder of betel leaves were used in testing moisture, fat, fiber, carbohydrate, protein, vitamin C, iron and calcium. Betel leaf's aqueous extract was used in various assays such as phenols, alkaloids, saponin, tannin, steroids and other compounds. The phytochemicals screening of the leaf extract was determined by various methods. The results record that betel leaf to possess different types of nutrients and phytochemicals in it.

Keywords: - *Piper betel*, nutraceuticals, steroids, alkaloids, medicinal properties.