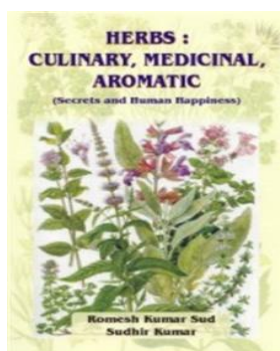


## Herbs: Culinary, Medicinal, Aromatic Secrets and Human Happiness

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### Blurb

Herbs are the plants which he finds around him but unable to understand the values, properties and their usefulness, secrets enshrined in them for his benefit in the form of herb culture, culinary use, medicinal values and above all spread of fragrance of culture and love and saving the beautiful environment around him through Bio- conservation.

Herbs in the present day are used in very many different ways and forms (Raw fresh, dried, Powders extracts, tinctures, essential oils, active constituents isolates oleoresins) but the ultimate objective is that the plant components interact directly with our body chemistry and system to provide the desired effects. They may be used in any form like food medicine cosmetic perfumery of fragrance But in totality their active constituents must be absorbed into the body for deriving the required benefits.

Modern interest in herbs undoubtedly arises partly from a new consciousness of nature and a desire to return to more natural way of life, which herbs have always been providing through pleasure beauty with practicality reviving the past reflections with herb gardening landscape designing and above all the spread of aroma and fragrance in every form for the joy of all.

Herbs have stood the test of the day apart from the magical aroma and fragrance various uses as culinary and medicinal herbs are best serving the cause of food nutrition malnutrition employment generation and not the least as bioconservation agents.

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