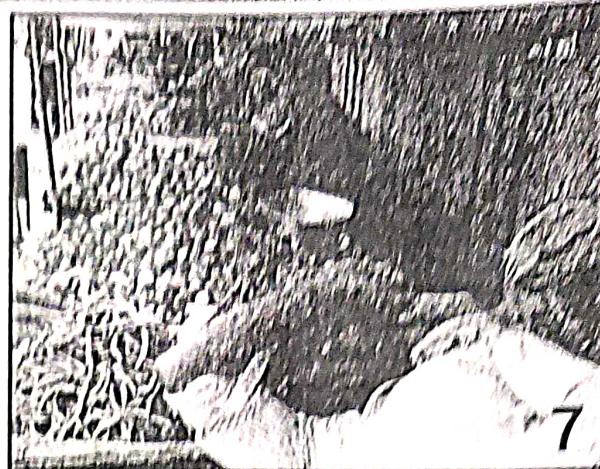


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MEDICINAL VALUES OF TRADITIONAL FOODS

V.J.R. Emerson Moses

OVERVIEW

Advice given 2,500 years ago by Hippocrates, the father of modern medicine "Let food be thy medicine and medicine be thy food" is being followed today with renewed vigor as consumers are thinking more holistically about their health. Today's consumers want to control and improve their health and reduce disease risk using natural methods. With this in mind, researchers are investigating many foods valued in traditional medicine for medicinal value, either to complement existing ways of healing or as alternatives to drugs. The popularity of functional foods is on the rise.

In 3700 B.C., Egyptians worshipped garlic and fed it to slaves to keep them disease-free. Egyptian writings list 22 remedies containing garlic, including those for heart disease, ear infections, tumours and insect bites. Garlic's chemical, allicin, may lower cholesterol, increase HDL blood levels, break down clots, improve blood circulation, and enhance the immune system.

Traditional Food as Medicine is a global overview of wild and semi-domesticated foods and their use as medicine in traditional societies. Important cultural information, along with extensive case studies, provides a clear, authoritative look at the many neglected food sources still being used around the world today.

With the growing interest in do-it-yourself therapies, people are turning to traditional healing rooted in religious and philosophical beliefs. Many foods and spices have been used historically as remedies: ginger, to aid digestion and treat nausea; cassia in 4th century B.C. China to treat depression and aid in blood circulation, and honey by Egyptians to dress wounds. The Greeks ate onions for their curative qualities, the Romans used garlic for strength, and the Mesoamerican civilizations valued chilli peppers for treating headaches and pain.

Foods are not used haphazardly in traditional healing, but are frequently part of a "holistic health system." Whether Ayurveda, Chinese traditional medicine, folk medicine, Mayan healing or Unani, traditional healing emphasizes



disease prevention through one's pursuit of mental, physical and emotional harmony with the environment, including foods and dietary practices. Also, traditional dietary healing takes into account the individual's personality, age and metabolism, along with seasonal issues, to achieve optimum health. Ingredients, cooking techniques and meal presentation are significant tools in traditional medicine.

Today, plants such as guarana, maca and echinacea are growing in popularity as functional foods. South American Guaraní Indians dry and roast the seeds of guarana, a red berry grown in Venezuela and northern Brazil, and make it into a thick beverage with water and flavorings. They drink it to cure digestive problems, promote mental alertness and regain strength. Orinoco Indians make this drink with water and cassava and allow it to ferment. Unlike coffee, which gives stimulation in a sudden rush, guarana beverages give a slow and prolonged energy release. Guarana contains up to 5% guaranine (caffeine-like), tannin, saponins, theobromine and theophylline, which provide a stimulating effect.

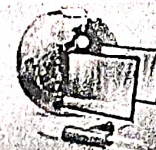
Maca, a root vegetable related to the potato, originates in the Andes Mountains. Peruvians have used it not only as food, but to increase libido, fertility, energy and stamina. Maca is dried, ground and made into soups and beverages. The plant's leaves are brewed for tea. Today, athletes use maca to increase energy and stamina.

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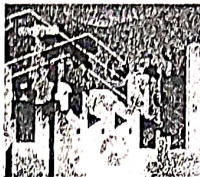





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GST- ITS IMPACT IN INDIA

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ABSTRACT

Goods and Services Tax is an indirect tax levied in India on the supply of goods and services. GST is levied at every step in the production process, but is meant to be refunded to all parties in the various stages of production other than the final consumer. The Act came into effect on 1st July 2017. Goods & Services Tax Law in India is a comprehensive, multi-stage, destination-based tax that is levied on every value addition. In simple words, Goods and Service Tax (GST) is an indirect tax levied on the supply of goods and services. In this paper discuss about history, benefit, calculation types and impact of GST in India.

KEYWORDS: GST, CGST, SGST, IGST, UTGST, Economic Growth, Business, India.

INTRODUCTION

India is currently going through major reforms in its overall economic sectors. The growth trajectory of India is so high that it is poised to become the third-largest economy of the world by 2030. Government is taking significant initiatives to boost the overall economic growth of the country. Introduction to GST and its 3 types- CGST, SGST, IGST AND UTGST are effectively supporting such major economic development programs. GST stands for Goods and Services Tax. It is considered as the biggest taxation reform in the history of Indian economy. It will subsume multiple taxes like VAT, Service Tax, CST, excise and additional excise duty, entertainment and luxury tax, etc. It is a single uniform taxation system which will help in eliminating time, cost and effort. The GST council has fitted over 1300 goods and 500 services under four tax slabs of 5%, 12%, 18% and 28% under GST. This is aside the tax on gold that is kept at 3% and rough precious and semi-precious stones that are placed at a special rate of 0.25% under GST.

7% goods and services fall under this category. Some examples of GST/IST zero-rated goods and services are: Basic groceries. This category includes meat, fish, poultry, cereals, dairy products, eggs, vegetables (fresh, frozen, canned), coffee, tea, etc. (but does not include items not necessary for dietary needs, such as snack foods, liquor, sodas, candy, etc.) The recent country to implement GST is Malaysia. The goods and services tax (GST) is a comprehensive value-added tax (VAT) on goods and services. France was the first country to introduce this system in 1954. Today, it has spread to over 140 countries.

HISTORY

Several nations across the world have already implemented GST. To name a few - Canada replaced the Manufacturer's Sales Tax with GST in the year 1991, Australia replaced the Federal Wholesale Tax with GST in the year 2000 and New Zealand replaced their sales taxes for some goods and services with GST in the year 1986. India implemented its dual GST system (a Central Goods and Services Tax (CGST) and a State Goods and Services Tax (SGST)) in 2017 to cut red tape and increase tax revenues, which in turn would fuel economic growth.

The Vajpayee Government, in the year 2000, began talks on GST and set up a committee, headed by Asim Dasgupta, Finance Minister of the West Bengal Government. The committee was given the responsibility of designing the GST model and managing the IT back-end preparedness for its rollout. In Budget 2006-07, Union Finance Minister Shri P. Chidambaram proposed implementation of Goods and Services Tax (GST) by April 1, 2010. The committee of State Finance Ministers, however, only released its First Discussion Paper on the tax regime in November, 2009.

The new tax regime finally came into effect on July 1, 2017. Here is a look at the timeline of 'one nation, one tax' system:

- 2000: The Vajpayee Government begins talks on GST. An empowered committee is set up, headed by Asim Dasgupta, Finance Minister of the West Bengal Government.
- 2003: A task force is formed under Vijay Kellar to suggest tax reforms.
- 2004: Vijay Kellar recommends replacing the existing tax regime with GST.

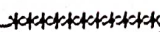
An Overview of Dowry System in India

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Abstract

Dowry is a social evil in society that has caused unimaginable tortures and crimes towards women and polluted the Indian marital system. Dowry is payment made in cash or kind to a bride's in-laws at the time of her marriage. Today the government has come up with many laws and reforms, not only to eradicate the dowry system, but also to uplift the status of the girl child by bringing in many schemes. However, owing to the social nature of this problem, the legislation has failed to produce the desired results in our society. In order to get rid of this problem, appealing to the social and moral consciousness of the people, providing education and economic independence for women, and effective enforcement of legislation against the dowry system, can help. In this paper mainly focus on dowry system in India - Origin, Definitions, Causes and Impacts.

Introduction

In the social setting of the Indian culture, the dowry system is an influential vice that has created its distinctive space within several communities. With the masses adopting the dowry system, which once served as a matri-

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Impact of COVID-19 In the Agricultural Sector –An Overview of post-pandemic Strategy of Recovery

Dr.V.J.R.Emerson Moses*

Dr.S.Binduja**

Abstract

The novel Coronavirus (COVID-19) pandemic has rapidly spread across the world, adversely affecting the lives and livelihoods of millions across the globe. India reported its first infection on 30 January 2020, prompting the authorities to soon initiate various measures to contain the spread of the epidemic. Given that the disease is highly contagious, the much-needed nation-wide lockdown was enforced starting 25 March 2020 in order to contain the spread of COVID-19 pandemic. COVID-19 pandemic has disrupted the Indian agricultural system extensively. Nevertheless, the recent quarterly GDP estimates post-COVID scenario showcase robustness and resilience in Indian agriculture, the only sector to register a positive growth of 3.4% during the financial year (FY here after) 2020–21. The pandemic wreaked a substantial physical, social, economic and emotional havoc on all the stakeholders of Indian agricultural system. Seizing the crisis as an opportunity, the state announced a raft of measures and long-pending reforms. We propose a 10-point strategy ranging from social safety nets, family farming, monetizing buffer stock, staggered procurement to secondary agriculture to revive and prosper post-pandemic.

Keywords : COVID-19, agricultural system, food system, COVID impact, post-pandemic recovery strategy.

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