

# A Study On Wheat Grass And promotion of its therapeutic benefits

Dr. P. Jyothi Kumari  
HOD, Department of Nutrition and Dietetics  
Ch.S.D.St. Theresa's College for Women, Eluru.  
Bhanuja Ramisetty M.Sc

**Abstract:** Wheat grass is a plant belong to grass family having medicinal and healing properties. Like any other plant it has chlorophyll, amino acids minerals, vitamins and enzymes. As it is nutritionally excellent source of nutrients and curative properties its been used to supplement the diet. Since it has no gluten it is found in form of grass, juice or even wheatgrass powder. Wheatgrass is promoted to treat a number of conditions including common cold, gastritis, bronchitis, inflammation, rheumatic pain, chronic skin and constipation. Since its chlorophyll has similar properties to that of haemoglobin, wheatgrass raises the body's oxygen levels. In view of its therapeutic properties an attempt was made to prepare recipes with wheatgrass and its acceptability was tested and made an attempt to promote the use of wheatgrass among the communities.

Keywords: wheat grass, therapeutic value,accessibility

## Introduction

Wheatgrass is a kind of grass which has therapeutic and healing properties. Like most plants it contains chlorophyll, amino acids, minerals, vitamins and enzymes. Proponents of wheatgrass claim this grass to have unique curative properties and provide supplemental nutrition to the diet. Wheatgrass though belongs to the wheat family has no wheat gluten in it. It is usually found in form of grass, juice or even wheatgrass powder.

Wheatgrass is promoted to treat a number of conditions including the common cold, coughs, bronchitis, fevers, infections, and inflammation of the mouth and throat. In folk medicine, practitioners used wheatgrass to treat cystitis, gout, rheumatic pain, chronic skin disorders, and constipation. Some proponents equate chlorophyll (the component that makes wheatgrass and other plants green) with haemoglobin, which carries oxygen in the blood, saying that wheatgrass raises the body's oxygen levels.

Although most people use wheatgrass juice as a dietary supplement or as a serving of vegetables, some proponents claim that a dietary program commonly called "the wheatgrass diet" can cause cancer to regress or "shrink" and can extend the lives of people with cancer. They believe that the wheatgrass diet strengthens the immune system, kills harmful bacteria in the digestive system, and rids the body of toxins and waste matter.

Wheatgrass is a member of the family Poaceae, which includes a wide variety of wheat-like grasses. Wheatgrass is commonly found in temperate regions . It can be grown outdoors or indoors. The roots and underground stems may be used in herbal remedies. Increases red blood-cell count and lowers blood pressure. It cleanses the blood, organs and gastrointestinal tract of debris. Wheatgrass also stimulates metabolism and the body's enzyme systems by enriching the blood. It also aids in reducing blood pressure by dilating the blood pathways throughout the body. It stimulates the thyroid gland, correcting obesity, indigestion, and a host of other complaints. The juice's abundant in alkaline minerals helps reduce over-acidity in the blood. It can be used to relieve many internal pains, and has been used successfully to treat peptic ulcers, ulcerative colitis, constipation, diarrhoea, and other complaints of the gastrointestinal tract. The enzymes and amino acids found in wheatgrass can protect us from carcinogens like no other food or medicine. It strengthens our cells, detoxifies the liver and bloodstream, and chemically neutralizes environmental pollutants, Fights tumours and neutralizes toxins.

Recent studies show that wheatgrass juice has a powerful ability to fight tumours without the usual toxicity of drugs that also inhibit cell-destroying agents. Many active compounds found in grass juice cleans the blood and neutralize and digest toxins in our cells. The second important nutritional aspect of chlorophyll is its remarkable similarity to haemoglobin, the compound that carries oxygen in the blood, that since chlorophyll is soluble in fat particles, and fat particles are absorbed

directly into the blood via the lymphatic system, that chlorophyll can also be absorbed in this way. In other words, when the "blood" of plants is absorbed in humans it is transformed into human blood, which transports nutrients to every cell of the body.

In the case of illness, wheatgrass implants stimulate a rapid cleansing of the lower bowel and draw out accumulations of debris. Externally applied to the skin can help eliminate itching almost immediately. It will soothe sunburned skin and act as a disinfectant. Rubbed into the scalp before a shampoo, it will help mend damaged hair and alleviate itchy, scaly, scalp conditions. It has soothing and healing effect for cuts, burns, scrapes, rashes, poison ivy, athlete's foot, insect bites, boils, sores, open ulcers, tumours, and so on. Sweetens the breath and firms up and tightens gums when Just gargle with the juice.

Wheat grass juice Neutralizes toxic substances like cadmium, nicotine, strontium, mercury, and polyvinyl chloride. Offers the benefit of a liquid oxygen transfusion since the juice contains liquid oxygen. Oxygen is vital to many body processes: it stimulates digestion (the oxidation of food), promotes clearer thinking (the brain utilizes 25% of the body's oxygen supply), and protects the blood against anaerobic bacteria.

#### AIMS and OBJECTIVES:

##### AIMS:

- To know the beneficial effects of wheatgrass
- To develop new products using wheatgrass powder, and extracts.
- To find out the acceptance of new products

##### OBJECTIVES:

- Preparation of various extracts of wheatgrass.
- To create awareness on the health benefits of wheatgrass powder.

#### Review of Literature

To establish use of wheatgrass powder among the communities. It was popularized in the **1960's by Ann Wigmore**. She claimed that use of wheat grass juice had cured her disease ulcerative colitis; furthermore, when she gave it to her neighbours, their health improved too. She went on to become a major figure in the natural health movement.

wheat grass, a succession of "green drinks" have become popular for "cleansing" the body and improving overall health. "Barley magma" and blue-green algae both fall within this tradition.

wheat grass juice is a nutritive food, containing numerous amino acids, vitamins and minerals. However, besides known human nutrients, Wheat grass juice has been clinically proven to heal ulcerative colitis and offers hope to breast cancer patients undergoing chemotherapy.

To date, very few studies have tested the potential health benefits of wheatgrass. What's more, there's no evidence to support the claim that chlorophyll can combat cancer. Still, preliminary research suggests that wheatgrass may hold promise for certain health conditions. Here's a look at some key findings from the available studies:

Study in the Scandinavian Journal of Gastroenterology. For the study, 23 patients with ulcerative colitis were given either wheatgrass juice or a placebo beverage every day for a month. Looking at data on the 21 patients who completed the study, researchers found that treatment with wheatgrass juice significantly reduced disease activity and the severity of rectal bleeding(2002).

. A potentially life-threatening condition, myelo toxicity is marked by suppression of bone marrow activity. The study involved 60 patients undergoing chemotherapy for breast cancer. Among those given a daily serving of wheatgrass juice during the first three cycles of chemotherapy, researchers observed a significant reduction in

myelotoxicity (2007).

Study from Acta Poloniae Pharmaceutica, scientists discovered that treatment with wheatgrass juice helped reduce total cholesterol and LDL ("bad") cholesterol in rats with abnormally high cholesterol levels. However, it's not known whether wheatgrass might have the same cholesterol-lowering effects in humans(2011).

In 1988, the Massachusetts Attorney General sued Wigmore again, this time for claiming that an "energy enzyme soup" she invented could cure AIDS. Wigmore was ordered to stop representing herself as a physician or person licensed to treat disease. Although Wigmore died in 1993, her Creative Health Institute is still active. Wheatgrass is readily available, and her diet is still in use.

Another small study in the journal Indian Pediatrics concluded that patients with a form of anemia (thalassemia) required fewer blood transfusions after consuming 100 milliliters of wheatgrass daily.

Reynolds argues that there is plenty of evidence to support wheatgrass extract's role in supporting biological functions, including one preliminary study in the Journal of Experimental and Clinical Cancer Research, which suggests that fermented wheatgrass extract "exerts significant antitumor activity." The study concludes that the extract requires further evaluation as a candidate for clinical combination drug regimens

#### **4.METHODOLOGY:**

##### **4.1.wheatgrass biscuits recipe:**

all purpose flour - 100gms

sugar powder - 50gms

wheat grass powder - 10gms

egg - 1

ghee - 2tsp

water

Mix all the above ingredients as a chapathi dough. Put this dough aside for 15mins by covering this dough with a wet cloth. Make chapathi and cut into pieces with the help of a mould. Beside put a pan on stove. Heat and pour oil in it. Deep fry those cutt pieces. Then let it cool. Biscuits are ready to eat. Even it can be baked.

##### **4.2.Wheatgrass sherbet:**

Wheat grass powder – 1tsp

mint leaves – 10-14

ginger grated – 1/2tsp

lemon – 1

sugar powder – to taste

salt – pinch

water – 2 cups

Take mint leaves, ginger, wheatgrass powder in a blender. Blend these ingredients put it aside. Take water in a jar. Squeeze lemon in it and mix sugar and blended paste to it. Mix a pinch of salt stir well. Wheatgrass sherbet is ready. Serve it cool.

**RESULTS**

Wheat grass was grown in trays and the grass was cut and shade dried. Then it was made into powder. This powder is used in the preparation of the above recipes and the preparation of wheat grass extracts.

These recipes were prepared and evaluated for by selected individuals. The acceptability of these recipes was considered to be 100%. Keeping in view of its health benefits it was suggested these recipes may be incorporated into the regular dietary intake of people suffering from diseases as given below.

DOSE	DISEASE	OUTCOME / BENEFITS
100ml of juice at a dose of 100mg/kg in divided doses for 6 months & 200 mg/kg for 1 year if no response at 6 months	B- Thalasemmia	Wheat grass juice had beneficial effect in 50% patients of B- Thalasemmia
16ml of wheatgrass juice daily during first 3 cycles of chemotherapy	Breast cancer patients	Reduces myelotoxicity and dose of chemotherapy
100 ml of wheatgrass juice daily for 1 month in ulcerative colitis patients	Ulcerative colitis	Severity of rectal bleeding reduced Disease activity index decreased
Wheatgrass in form of powder 1 spoon/day for healthy people and 2 spoons for obese patients	Obese people	Weigh controlled and activity improved

**Conclusion:**

Wheatgrass juice generally contains no harmful substances with the exception of a possible allergic reaction. Wheatgrass is known to help minimize fatigue, improve sleep, increases strength, naturally regulate blood pressure and blood sugar, support weight loss, improve digestion, support healthy skin, slows cellular aging, improves mental function, and various other conditions. It is proven to be beneficial in conditions such as B- Thalassemia, Obesity, Breast Cancer, ulcerative colitis, anemia, etc. Thus it should be made part of daily dietary intake in order to explore its maximum benefits. In order to promote the use of wheatgrass in general public the prepared recipes were evaluated by mothers and housewives. Since they play key role in promotion of nutrition and health of their family members.

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