

## **Innovative Advancement in Rice Based Food Blend Warranting Pre-Clinical Test to Bring Global Health and Wellness**

**RC Yadav<sup>1\*</sup> and Jaya Yadav<sup>2</sup>**

<sup>1</sup>*Former Head, ICAR-IISWCRTI, Research Centre, Agra, Uttar Pradesh, India*

<sup>2</sup>*Professor and Head Ph.D Research, Amity University Business School, Noida, India*

**\*Corresponding Author:** RC Yadav, Former Head, ICAR-IISWCRTI, Research Centre, Agra, Uttar Pradesh, India.

**Received:** November 25, 2021; **Published:** January 25, 2022

### **Abstract**

Rice based staple diet alimentation is covering almost 50% of global population, inhabiting largely in South East Asian countries including India. Previous study covered nutritional discrepancies in rice foreign and Indian food brands makeup practices, which acquired huge readership interests. The present study was devoted on overcoming the frightening scenarios developing on health issues and their confirmatory ameliorations. It brought production to consumption improvement in overcoming blames of methane and nitrous oxide GHGs emission, fortification of vitamin B1 and B3, and amendments for vit A. Innovative measures as amendment during cooking or after consumption developing acidity will easily overcome by a mini snack, thus, resolving all discrepancies with rice.

**Keywords:** *Acidity; Food and Nutrition; Food is Medicine; GHGs Emission from Paddy Fields; Milk and Health Benefits; Rice and Maize Cereal Food*

### **Introduction**

An article was presented at the 6<sup>th</sup> International Conference on Advanced Clinical Research and Clinical Trials and subsequent innovative developments were presented for reappraisal and disseminations to serve broader spectrum of user domains. The presentation contained the weaknesses in rice based Indian and foreign food brands, the food commodity staple food of almost 50% of global gentry, inhabiting highly prominent in South East Asia including India, The rice lacks in Vitamin A, which implicates eyes, nervous systems, cardiac and skin and all vitamin components producing energy and neurological support. The cereal constituent essential amino acid tryptophan is a crucially low, becomes a limiting factor in rice and maize and millets disenable quality of food. The presentation brought additive improvements in food preparations to overcome the largely in past problems of beri beri diseases. In recent years medical support of B complex have reduce visible revealing of problems which demanded a plausible permanent remedy. Therefore, supplementation of spices, vegetable and amendment sweet corns in food cooking bring it in complete food. Intake of tryptophan deficient with non vegetarian diets and dairy products enhance absorption in body. Three have been several advancements which will enhance quality and impacts on health of rice food dependent gentry.

### **Objective of the Study**

Objective of present study was to present all supportive improvements in rice and maize dependent diets.

## Material and Method

### Already established advancements for reappraisal of readership

Among the 20 amino acid nine most essential found in food commodities listed in table 1, are essential for human diet, as they cannot get synthesized by the body [1,2]. In addition, two animal amino acids (cysteine and tyrosine in the diet) can spare their parent amino acid of methionine and phenylalanine, respectively. The amino acid with the lowest score in the food (lysine in wheat and barley flour, methionine in soyabean, potato and cow's milk and in rice and maize are that those that should be paid attention to limiting amino acid for body's nutrition.

### Identification of crucial factor and their substantiation with the rice food

Feel good and wellness is a bio factor envisaged in both developed and developing countries [3]. This bio factor is charter of healthy and comfortable life. A drop of happiness can cause 1. Smile, 2. Optimism, 3. Self-worth, 4. Reduces depression and 5. Improves health. Combining such needed good aspects a biofactor feel good and wellness were used in developing countries of world, but not getting endeavoured in the developing countries, where only food security remained main focus [4]. This bio factor became a convincing basis for bringing sufficiency of fruits and nuts, usable under theme food is medicine [3,4]. Therefore, with time inclination is tilting towards food, drinks and nutrition, which bring instant and sustainable feel good to the gentries of countries. Realization is coming on need of ways how to maintain such feel goods and wellness, which produces many sustainable benefits.

In food commodities both rice in South East Asian countries and Maize in South American countries and in Africa, where productivity of maize is prime justification of adoption of maize, have limitations in tryptophan (Table 1) [1,2]. Earlier studies dealt with bringing the improvement in the amino acid tryptophan, main support of development of bones and muscles. Further wisdoms have grown in emerging problems of depressions in feel good and wellness. There are already existing many medical approaches on B complexes, still many insights have emerged combating other ailments. Study [3] identification of a crucial factor of acidity in alimentary canal sub section small intestine, where network of different body systems extract water and nutrients to perform all functions of any eco systems, were process of production and consumption and development of some wastes go simultaneously [5]. The secondary body waste urine performed by urinary system (UTI) [3], unfolded many insights. Therefore, acidity of urine was taken as an index for regulating acidity in the small intestines under the theme food is medicine. The study which brought instant relief was taken in support of such lesson.

### Small improvement in food rice and huge gain producing measures

The process based necessary improvement in pH of urine made a noticeable and quick responding indicator. The acidity with rice and maize with larger content of carbohydrate becomes high. Therefore, the accumulation of all bad effects with rice dependent gentry need specific concern more than those arising with eaters of maize rich in Vit A. However, many ailments developing due to acidity have become known and knowledge bringing facilitation in overcoming such acidity sicknesses.

### Collection of data

Since food is basic need and everyone needs food, there exist wide spread awareness on utility of food in bringing feel good and wellness. Nevertheless, there had been lack of scientific backing making all good effects get weakened and problems persist as unresolved. This study brought such scientific backing that will infuse conformity and confidences for adopting the upcoming remedial measures. The data producing clinical tests needs to be undertaken supplementing set norm of medical standard prescribing authorities.

**Results**

**Reappraisal of overcoming the crucial low content of tryptophan**

As revealed in table 1 [1,2], Tryptophan is limited factor in maize and rice. To produce 1 mg Niacin (B1) using 50 mg tryptophan is required. The tryptophan is also used by lever to produce Niacin B3. The rice eaters become lethargic and low in intelligence due to low development of brain and weakness in muscles and bone joints. This author brought new style of building such B1 and B3 by using rice and maize food with milk. This research prescribed eating milk is better than drinking. There is further advancement on such type of food having tremendous implication on health [6].

Food	Sulphur amino acid								
	He	Leu	Lys	Phe	Met	Total	Thr	Try	Val
Ideal protein	370	306	270	180	144	270	180	90	270
Barley	240	430	210	310	90	220	230	90	310
Maize	293	827	179	284	117	197	249	38*	327
Rice	322	535	236	307	142	222	241	65*	415
	(119)	(175)	(87)	(175)	(99)	(83)	(134)	(72)	(154)
Wheat flour	262	442	126	322	78	192	174	69	262

**Table 1:** Essential amino acid composition of foods a, b.

The figures expressed amino acid contents as mg/g protein, b. Figures in parenthesis express the ratio (percent) of the food to that in the ideal protein.

\*The prime limiting amino acid.

In Russia, Shaman right ensure everyone one bowl of milk (Figure 1) daily. Innovative development presented in following section enhances untidily of such milk on bringing health and wellness. The human liver transforms the tryptophan in Vitamin thiamin B1 and Niacin Vit B3, building bones, muscles skeletal body framework. Such skeletal physical disability cannot get made up by subsequent medical care and treatments.



**Figure 1:** A bowl of milk for the shaman right. Buryatia. Russia.

For very young children (< 6 months) it will be compulsion to let children drink milk in addition to feeding by mother’s milk. The mother herself if takes this precaution of eating milk with same selected food, it will supplement to the child as well. After six months when children are required to be given some cereals, at least once in a day, the selected cereal rich in tryptophan should be fed to them with milk and rest of feed may be by drinking milk. Figure 2 displays that it is better to eat milk with some selected commodity food than drinking milk alone [6].

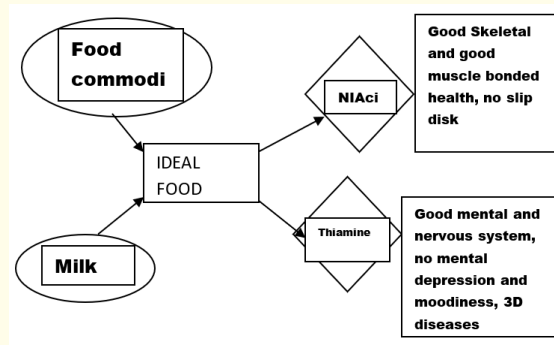


Figure 2: Eating milk with some selected foods produces Thiamin and Niacin that will maintain mental health and sound physique of all age groups of gentry.

### Innovative food blend of rice based Indian and foreign brands

This rice based food blend (Figure 3) developed in earlier study [2] contains all necessary ingredients of protein, vitamins, spices and mineral balance, which are prepared at special occasions demanding feeding large populations at conventions, festivals and religious charity feeding. But as it is occasional the convenience over shadows the discrepancy in rice. Therefore, the improvements presented in Scion 3.1 are for routine daily diets and the one here is for special community based festival feeding, which is occasional. This aspect of cooking and eating is very important from the point of view of family health care and wellness. The discrepancy of any of blends will produce one get noticed from some health disorder. Further, advancements have been brought to take care of such bad situations. Diversity and diversification are always talked in many forums, such diversified preparations are involved in all proteins and vitamins. Lower moat supplements viz carrot, lycopene, spices and dairy products again need to be supplemented in the food blend presented in figure 3.

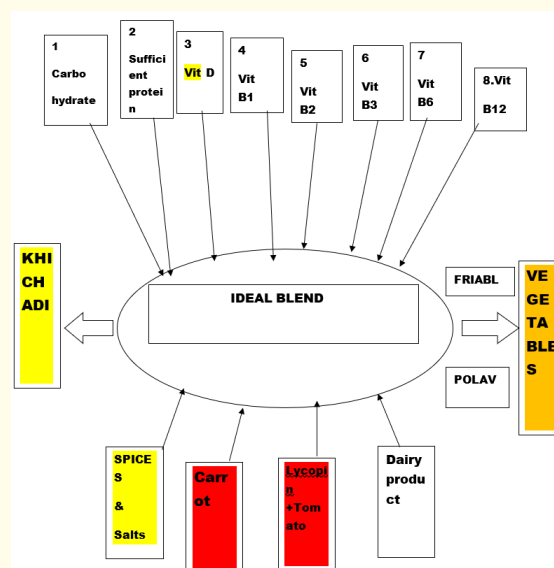


Figure 3: Innovative rice based food blend [2].

**Development of indicator of bad scenario when the digested food under high acidity moves different organs viz small intestine**

With time realization is coming up to new theme food is medicines. The scenario that exist in alimentary canal of human bodies is that the food taken through mouth orally are to get digested in stomach, the process lasts for about four hours. The digested food moves to small intestine, from where water and all necessary nutrients get absorbed by networks nerves and portals. The situation is very well explainable by principle of working of parallel ecosystems [4] dealing with parallels ecosystem in any major ecosystem. Likewise, all body ecosystems absorb similarly and produce, consume and generate some wastes, which need to be removed. Thus, kidney perform function of cleaning and removal of waste as urine. The acidity/alkalinity measured by index pH is good indicator for maintaining feel good and wellness.

Recent innovative measure was identification of a bio factor development of acidity, which forms ground for developments of different ailments was identified for frequent urination. Study establishing new factor development of acidity [5]. This study culminated in development of a mini snack to regulate acidity in urine. Its eradication is possible by simple and affordable mini snacks, to be taken at about 3h after any scheduled intake of meal, will overcome acidity and induce feel good and wellness for all health issues. Simple small innovative improvement include overcome acidity based ailments can be escaped by taking the mini snack prescribed.

S No.	Discrepancies in rice	Ailment affecting different body components	Developing health issues	Crucial factor due to consumption of rice based food	Remedial solution
1	No vitamin A	Eyes, cardiac, skin	Low immunity	Low energy and some nervous weakness	Makeup by suitable amendments.
2	No calcium	Acidity fostered ailments	Development of acidity	Easy formation of acidity	Maize based food prepared by washing b by calcium water.
3	No iron Fe	Asthmatic disorder	Reduction in RBC and absorption of oxygen.	Weak respiratory system	Arsenic a poison, partially shift to wheat
<b>Alternate cereal wheat</b>					
4	Rich in iron		Absorption of arsenic in rice food.		
5	Rich in Ca			Low acidity meal	It becomes scientific backing why wheat and oats come from European countries
6	Overall nutrition			Regulate acidity	Overcome mainly ailments.

**Table 2:** Discrepancy in rice and noticeable place such good quality health issues.

**Acidity regulatory mini snack**

The mini snack (Table 2) consist of fruits and nuts, which are high pH or alkaline in chemical characteristics, bringing instant relief from any ailments, caused by acidity [3,4,7]. The ailments caused by acidity are diabetic, arthritis, blood pressure, sugar and almost parallel body systems performing different function including reproduction [12]. In order to meet such high global demand this author brought

innovative transformations of Forestry ecosystem in to Forestry- Horticulture. This transformation aims creating enhance vegetation cover in weak or barren forest land, which are fully controlled by governments to create enhanced goods and services for which forestry ecosystems had been created. The newly transformed Forestry Horticulture will comprise fruits and nuts which are not destroyable by birds and ground moving wild life animals. These fruits, nuts, bushes, herbs, resins and gums can be effectively derived from this new formations [4,7]. Thus, innovative transformation will provide fruits and nuts making mini snacks etc. (Table 1), making instant feel good and wellness. Regulation of acidity of urine having lot of implications on health and wellness will get easily ameliorated.

S. No	Day of week		BF	Mini snack	Lunch	Mini snack	Dinner	Post dinner
1	Monday	6.0	8.30	11.	13.30	17.0	20.0	22.0
2	Tuesday	**		Sprouts		Crawn berry juice		Snjivni/ alternative
3	Wednesday			Any fruit		Sprouts		do
4	Thursday			Roohafza drink		Coconut water		do
5	Friday			Sprouts		Water melon		do
6	Saturday			Crawn berry juice		Sprouts		do
7	Sunday1			Cucumber		Roohafza		do

**Table 3:** Daily meal and mini snack chart.

Sanjeevni (a name given to preparation) and alternative one spoon sugar free Chyawanprash.

\*\*A well tried acidity remover morning Aurvedic powder to be taken tea spoonful with a glass of normal drinking water.

Note all medicine be continued as per ongoing treatment.

- Lunch and dinner can be as per liking

Mini snacks may be changed which can be one of cited or any other type.

Sanjeevni (a name given to preparation) and alternative one spoon sugar free Chyawanprash

\*\*A well tried acidity remover morning Ayurvedic powder to be taken tea spoonful with a glass of normal drinking water

Note all medicine be continued as per ongoing treatments

- Lunch and dinner can be as per liking, without any restrictions.
- Mini snacks may be changed which can be one of the cited or any high pH fruit or nut.

### Innovative way to enhance production of fruits and nuts for fulfilling global needs

As brought out in study [3] acidity a situation of low pH can be instantly overcome by taking fruits and nuts which contain high pH serving as moderator of severe to normal or zero acidic situation. Innovative transformation of forestry in to Forestry Horticulture was brought in two different studies [4,7]. All justifications and development of good effects with no foreseen problems of adoption were brought out in the study [4,7]. Such land use transformation sill enable bringing global feel good and wellness and prosperity, with available geographical areas with countries, their states subdivisions. There is no any question of adoption by small holding farmers using arable land. Thus, this noble land use intensification will equip global health and wellness as well as prosperity.

### Sequential improvement and impacts

There have been plentiful advancements on overcoming health issue due to eating rice based diets. Sequential innovative progresses made bring rice based food to comfortable situation. Milk has been getting used in feeding for infants since ancient times. Thus, many

times brought to reveal is not to make any critical claim. However, the studies provided scientific backing since 2017. Many new beginnings were made on fortifications and tree based amendments in rice for enhancing quality of rice foods. Nevertheless, innovative measures to overcome bad scenario of overcoming acidity is certainly new initiative. With such strategic improvement eating rice will get free of ailments and bad effects of acidity serving as basis for initiation of many ailments.

S. no	Year of Coming in awareness	Indicated	Reference	Remarks
1	Limiting cereal based amino acids	2000 and before	1	Knowledge existed even before
2	Milk as main nutrition sources	Ancient	10	Since ancient time
3	Eating milk and rice	Ancient legendary	10	Since ancient time
4	Strategic eating of milk with rice	2017	,2,6	Khichadi was being focused to declare as Indian National food.
5	Strategic eat milk	2019	6	New innovative beginning
6	Strategic milk with rice and maize	2019	6	Known for some decades
7	Strategic eating of milk with selected cereal and Jam	2021	3,4,7	2021
8	Strategic eating of fruits and net to overcome acidity	2021	4,7	New beginning
9	Strategic transformation of forestry in Forestr-Horticulture	2021	4,7	New beginning
10	Use of any tree based produce suppressing tendency of acidity formation	2021	4,7	New beginning
11	Nutrient supplementation based on cycle of nutrients not mere elemental requirement	2012, 2019	10,11	New beginning

**Table 4:** Timeline in innovative improving developments of rice based food.

**Some small improvement in rice and maize based foods**

In order to enhance feel good and wellness some small improvements in rice based food brands are brought here. Admixture of vegetables and or cooked separately and taken with vegetables separately will induce rice food for maintaining feel good. Cooking vegetables rich in carotenoids, pumpkins and tomato, will enable overcoming the deficiency of lack vitamins in sole rice food. The carbohydrates get converted in sugar and acidity, which bring lot of ailments due to quick conversion of acidity. All such ailments can be eliminated by taking rice with tamarind chutney or mayonnaise. Equally well results can be obtained by adding spoonful chiseling of coconut shell/giri. Addition of black pepper, cloves and cinnamon will eliminate tendency of creating acidity, the initiator of diabetics and many alike ailments in human bodies. Thus, the improvements can be brought by innovative amendment while cooking or consumption as no varieties of rice existing, as of now. Although such things have existed in past in vague, but this presentation provides scientific backing and infusing the conformity of effects and inducing confidence in gentry on rice based food follow and get beneficial impacts in diet.

In order to enhance feel good and wellness some small improvements in rice based food brands are bought here. Admixture of vegetables and or cooked separately and taken with cooked rice will enable rice food for maintaining feel good. Cooking vegetables rich in carotenoids, pumpkins and tomato, will enable overcoming the deficiency of lack vitamins in sole rice food. The carbohydrates get converted in sugar, which causes acidity to bring lot of ailments. All such ailments can be eliminated by taking rice with tamarind chutney or mayonnaise. Equally well results can be obtained by adding spoonful chiseling of dry coconut giri. Addition of black pepper, cloves and cinnamon will eliminate tendency of creating acidity, the initiator of diabetics. Thus, the improvements can be brought by innovative amendment while cooking or consumption as no varieties of rice existing, as of now with regard to content of Vit A. Although such things have existed

in past in vague, but this presentation provides scientific backing and infusing the conformity of effects and inducing confidence in gentry on rice based food follow and get beneficial impacts in diet.

### Potential benefits of such small improvement in diets

Recent innovative impact indicator was identification of a bio factor development of acidity, which forms ground for developments of different ailments was identified. Its eradication is possible by simple and affordable mini snack; to be taken at about 3h after any scheduled intake of meal will overcome acidity and induce feel good and wellness for all health issues. Simple small innovative improvement include any tree based amendment.

All rice varieties are largely grown in low land and need submerged water condition. The low capability classes are largely poor in Nitrogen accounting essential amino acids, The paddy crops absorb arsenic poisonous element. High carbohydrate contents and low tryptophan make it a crucial low nutrient food commodity, which lead to cause variety of problems such as lack of vitamin A and lack of vitamin B1, B2, B3, and B6. The associated problems are obesity and diabetic, cardiac problems and some nervous system. United States of America conducted studies on improving quality of crop diversification through introduction of raised broad bed and furrows (RBBF) in South East Asian countries viz Bangladesh, Indonesia, India, Pakistan and Nepal [12]. The RBBF was found effective in inducing biodiversity except in Nepal. The impending limitations were overcome and now such land formations of RBBF was brought for universal application for all soils, crops, rainfed and irrigated as well as the environmental conditions [13]. Some quick improvements in qualities of cereal foods with respect to adequacy of protein and vitamins were observed. Low land will be able to produce diversified commodities viz protein, cereals rice and maize rich in vit A.

Maize, carrots and pumpkins contain high content of vitamin A. Therefore, maize dalia (reduced particles) can be mixed with rice. As there will occur some difference between densities of grain particles, it will be ideal to wet both grain mixes in water for about an hour before cooking. The rice before getting thick/ solid be mixed by kitchen spatula. Sweet corn and rice can be cooked together for using as boiled rice and taking with different taste viz sweet or salty. Mixing carrot and vegetables in rice and cooking afterward will make low acidity rice foods. In different kind of cooking mixture of vegetables and rice together enable improving all vitamins.

### Discussion

The innovative improvement of rice based food is highly liked by almost 50% of global population equipped with many improvements measures, which overcome variety of ailments. Various issues are ratified in this subsections.

#### Low content of amino acid Tryptophan

The commodity rice and maize are crucially low in content which are useful in synthesizing thiamin which acts as catalysts in burning carbohydrate that provides energy and nutrient for nervous system, other syntheses is niacin, which is utilised in building muscles and bones and skeletal structure of boy. Any skeletal disability cannot be made up by any later treatments. These cereals amino acid has to be well fed to the pregnant mother for good growth of child in mother's womb. The amino acid is absorbed and retained in body when it is consumed with non vegetarian meal or dairy products. Therefore, milk is very essential food for pregnant ladies. The article script has adequately dealt with milk and careful consideration for health of future generations. Many countries are carrying out such food and nutrition for women and child, this scientific clarification will enable all executive to follow the right path.

#### Rice and maize lack in vitamin A, Ca and Fe

With exception that maize contained Vitamin A, new Forestry- Horticulture to produce fruits and nuts, rich source of vitamins. Thus, maize can be a commodity for amendment in rice, whereas sweet corn can be crushed and cooked in boiling with rice. Addition of carrot



with rice as an amendment will also enhance the vitamin deficiency. The situation of calcium implicates that both cereals rice and maize lead to development of acidity, which causes many ailments. The lack in Fe makes it a soft food. The development of acidity and a mini snacks are two innovative solutions for overcoming the ailment by exhaustive consumption of rice.

### **Sufficient provision made to produce fruits and nuts by forestry horticulture**

Studies [4,7,8] have already established new transformation of Forestry- Horticulture, which have tremendous potential of producing fruits and nuts to cope up with high demand. There is sufficient low density forest and open lands, which utilized by Governments can be effectively implement.

### **Production of diversified food commodity**

The new RBBF [13] enables producing protein, carbohydrate and vitamin A rich crop maize. Suitable inter cropping pattern will be producing commodities necessary for feel good and wellness by reducing acidity free commodities and simultaneously combating methane and nitrous oxide emissions from the rice fields. The cropping pattern will also be support low biomass production of rice crop residues that go for biomass burning and create environmental pollution [14].

### **Innovative advancement supportive of production and cooking of highly usable rice with some inherent discrepancies**

New RBBF, intercropping producing diversified commodities and innovative measures to reduce development of acidity in food, a precursor all kinds of foods, bringing feel good and wellness. These innovations will overcome worldly blame on rice cultivation to take good care of environment and bringing inducing feel good and wellness overcoming bad health issues emerging due to high acidity producing rice.

### **Relevance, effectiveness, efficiency impact and sustainability (REEIS)**

Rice had been blame for inducing global warming by emission of methane from paddy fields and developing acidity causing variety of ailments. The innovative development on both production and consumption is highly desirable, relevant effective, efficient, impact producing and sustainable.

### **Strength, weakness, opportunity and threat (SWOT) analysis**

The study is backed by scientific principles hence it has huge strength, it is free from any weakness, both production and consumption measures create tremendous opportunities and there is no foreseen existence of any threat.

### **Conclusion**

This innovative study brought comprehensive improvement to make up low amino acid tryptophan in rice and maize which is bringing vitamin Thiamin (B1) necessary for providing energy for neurological systems and also vitamin Niacin (B3) necessary for building body skeleton frame. Any skeletal disability cannot be made up by later treatment. This study brought new style of consumption of milk to fortify low content tryptophan in rice absorption ability. A new bio-factor acidity was identified which easily develop by the consumption of rice with high carbohydrate and low calcium (Ca) and iron (Fe) on development of acidity. Thus, utility of rice based food was enhanced by innovative amendments at time of cooking with selective tree based fruits and nut products as well as post rice based meal eating by taking innovative mini snacks. These measures will eliminate occurrence of new health issues and also make life comfortable for those who have already suffered from such ailments. The innovative technology of raised broad bed formation and inter-cropping of rice, maize

and any legume will bring increase in equivalent rice yield, eliminate drudgery of weeding under wet field condition and reduce GHG emissions.

### Declaration of Conflict of Interest and Funding Support

It is declared that there is no conflict of any kind be it for authorship or any financial support.

### Acknowledgements

Authors duly acknowledge all sources from where references were used in support of statements made in preparation of this manuscript.

### Bibliography

1. Bizikova P and Olivry T. "A randomized, double-blinded crossover trial testing the benefit of two hydrolysed poultry-based commercial diets for dogs with spontaneous pruritic chicken allergy". *Veterinary Dermatology* 27 (2016): 289-e70.
2. Bizikova P., *et al.* "Review: Clinical and histological manifestations of canine atopic dermatitis". *Veterinary Dermatology* 26 (2015): 79-e24.
3. Eom K., *et al.* "Canalographic Evaluation of the External Ear Canal in Dogs". *Veterinary Radiology and Ultrasound* 41 (2000): 231-234.
4. Noli C and Cena T. "Comparison of FEDESI and SCORFAD scoring systems for the evaluation of skin lesions in allergic cats". *Veterinary Dermatology* 26 (2015): e112-e113.
5. Pedrosa AF, *et al.* "Epidemiology and susceptibility profile to classic antifungals and over-the-counter products of *Malassezia* clinical isolates from a Portuguese University Hospital: a prospective study". *Journal of Medical Microbiology* 68 (2019): 778-784.
6. Plant JD., *et al.* "Development and validation of the Canine Atopic Dermatitis Lesion Index, a scale for the rapid scoring of lesion severity in canine atopic dermatitis". *Veterinary Dermatology* 23 (2012): 515-e103.
7. Schlemmer KB., *et al.* "In vitro combination of antifungal agents against *Malassezia pachydermatis*". *Medical Mycology* 57 (2019): 324-327.
8. Gupta US. "Crop improvement quality characters". Volume 3. Science Publishers. Inc. Enfield New Hampshire (2000): 3748.
9. Yadav RC and Yadav Jaya. "Scientific backing of rice based food blends-Indian and foreign brands of Khichadi". *Nutrition and Food Toxicology, Scientia recerca, USA* 2.2 (2017): 317-331.
10. Yadav RC and Yadav Jaya. "Providing instant relief from frequent urination inevitable emergency hospitalization: A bio physical new scientific vision". *World Journal of Pharmacy and Pharmaceutical Sciences* 10.5 (2021): 1806-1820.
11. Yadav RC., *et al.* "Bio-factor inspired contemporary agriculture horticulture with innovative researches and ecosystem transformation for healthy life plausible Governance of Agriculture-Horticulture Research, USA 4.3 (2021): 106-114.
12. Olf H., *et al.* "Philosophical Transactions of Royal Society of Aquaculture and Irrigation". *Szarvas (Hungary) B* 364 (2009): 1755-1779.

13. Yadav RC and Yadav Jaya. "Eating milk with selected commodity is better than drinking". Presented at 6<sup>th</sup> International Conference on Food and Beverages, on February 19-20, 2020 at Dubai, UAE on the theme. Rejuvenating and Unfolding the Emerging Technologies in Food and Beverages (2020).
14. Yadav RC., *et al.* "Exploratory study on suitable horticulture trees for building sufficiency of fruits and nuts from the new transformation of Forestry-Horticulture". *Agriculture and Horticulture Research, U.S.A* 4.3 (2021): 92-98.

**Volume 5 Issue 2 February 2022**

**© All rights reserved by RC Yadav and Jaya Yadav.**