

## Genomic Benefits of Intake of Vegetables-A Case Study on Highly Enriching Nutritional Supplementation Through Vegetables

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### Abstract

This unique novel study was conducted for evaluating genomic benefits of eating vegetables on bringing health benefits to males and female parents, in general. As expected, results showed no noticeable impact on the development of genders by such sufficiency of vegetables in diets. It remained revealing baldness of males similar to that happened without such nutritionally rich vegetable diets. Nevertheless, the study showed no development of mental disorders of males and untimely deaths of females, as usually happened in any gender development not sufficiently eating vegetables with particular attention. Interim remedial measures were brought to bring still more benefits towards acquiring still better development of bringing prismatism in gender genomics and improving life with wellness.

**Keywords:** Gender Development; Health and Wellness; Vegetables and Fruits; Lifestyle; Baldness and Food is Medicines

### Introduction

Food constituting milk, cereals and pulses acquired developing improvements for food and nutrition for ages. There had been several advancements with different aspects of nutritions and health issues [2]. However, there had been no study on genomic considerations due to lack of scientific sufficiency on possibility of any maneuverability. Recently, a genomic breakthrough was created [1]. The study showed many genomic disorders due to xx-xy gene theory aberrations, creating many health issues. Therefore, it became imperative to explore genomic benefits of eating vegetable in diets. Bihar gentry migrate to different states carrying out marketing and sales of vegetables in different local weekly markets, Objective of the present study largest was to determine resulting genomic benefits of vegetable in Bihar State of India, having the highest population density per unit geographical area of the State. and highly dependent on vegetable production and consumption. This study is expected to reveal plentiful insights of genomic developments and related health and wellness issues, which can be manoeuvred by new theme Food is Medicine.

### Materials and Methods

The study endeavoured all needed aspects accomplishing issues in befitting academic sufficiency so as to make it a novel research.

### Appraisal of results of genomic development

The gender theory xx-xy was developed by McLund in 1902 on grasshoppers, which was further advanced by Wilson and Stevenson in 1905 on protenar, as reported by Singh [1]. Those scientific advancements leading to fading impact of the scientific advancements with time and overshadowed by blind beliefs in gender development.

Recent study on the pondering situations [2] established plentiful insights revealing genomic indices such as development so wellness in male producing couples and untimely deaths of many females, where no impact appeared on males. The study revealed lot of mental disorders in males and many disorder of polycystic diseases (PCOD) in females. These indicators stand as indicators of any improvement in genomics.

### Novelty of selection of study site and sample

The study was conducted at Dr Rajendra Prasad Central Agricultural University Samatipur Bihar, India under the expert guidance of faculty of Horticulture and well known families working group. The sample subjects consisted families working and well acquainted vegetable cultivation, production and consumption. Bihar gentry, in general is very well versed with production and consumption in State and migrating people out of state undertake works of marketing and sale of vegetables in other states in India. Thus, selection of the sample under the observations established ideal approach in the genomic study.

### Study subjects and survey of gentry

The survey was conducted on the selected families who are carrying out work on cultivation, production and consumption of vegetables in their routine daily life, highly dependent on inclusion of vegetables in their daily food menu. Bihar being predominantly a low lying wet land country carry out cultivation of paddy during the rainy season, with no scope of crop diversifications of pulses. The major pulse is gram chick pea (*Cicer arietinum*) in the Diara land, especially during the winter season cultivation. All subjects were from one caste, locations and having similar food and diets, including highly rich vegetable diets.

The survey inquired age of male, their offsprings, features such as apparently visible baldness or not. about survival of female partners as well as any ailments of mental disorders in January, 2022. The details of family names, their family offspring with relevance of genders and numbers of children were recorded.

### Analysis of results and derivation of inferences

The survey data were analyzed by different five categories of genomic interest. The results will be presenting such details in the following part of the study.

### Interim measures in order to bring genomic improvement in gentry

The results were further analysed for bringing interim measures for creating general genomic prismatism in creating ideal gentry in Bihar.

### Business trade in improving genomic of the state and country

Since there was renewed interest on new aspects of genomics prismatism, there will be plentiful biotechnologies up coming in fostering startups. The study endeavoured bringing such innovative advancement in business fostering ever pending unresolved gender development in the world academy.

## Results

The study results are brought under V categories of different situations those emerged from the survey based study at Samastipur. These categories are discussed below.

**Category I: Gentry with no offspring**

Out of total 12 cases (Table 1) those could be brought under the survey in category I consisted one entry. The male had bald head, which indicated that he would have been blessed with Son. What made this situation could not be ascertained as this case remained in isolation. The aberrations study could be ameliorated by suitable gynecological consultations.

S. No.	Name	Age, Year	Son/ Daughter	Ailment	Address
<b>Category I. Family with no offspring</b>					
1	Jharilal Mahto	Not Known	No children, 0	Half Bald head (Half Ganja)	Village+Post-Harpur Pusa, Ward-14, Dist. Samastipur
<b>Category II Family with daughters without any Son</b>					
2	Shiv Kumar Mahto	70	1 Daughter	No bald head	No bald head Same address
3	Chandesh Prasad	60	2 Daughters	No bald head	Village+ Post-Harpur Pusa, Ward-14, Dist. Samastipur
<b>Category III Family with one son</b>					
4	Vimal Kumar Singh	60	1 Son	Half bald head	Village+Post-Harpur Pusa, Dist. Sa- mastipur
<b>Category IV Family with two Sons</b>					
5	Sukhari Mahto	75	2 Sons	Bald head	Village+Post-Harpur Pusa, Ward-11, Dist. Samastipur
6	Rambalit Mahto	60	2 Sons	Half bald head	Village+Post-Harpur Pusa, Ward-11, Dist. Samastipur
7	Umesh Prasad Singh	50	2 Sons	Half bald head	Village+Post-Harpur Pusa, Ward-11, Dist. Samastipur
8	Bharat Mahto	60	2 Sons	Half bald head	Village+Post-Harpur Pusa, Ward-11, Dist. Samastipur
9	Bhola Rai	55	2 Sons	Half bald head	Village+Post-Harpur Pusa, Ward-10, Dist. Samastipur
<b>Category V Family with both Sons and Daughter</b>					
10	Kishore Kumar Ram	65	2 Sons + 1 Daughter	Half bald head	Village+Post-Harpur Narayanpur, Ward-10, Dist. Samastipur
11	Shyam Nandan Singh	60	2 Sons + 1 Daughter	No bald head	Village+Post-Harpur Pusa, Ward-12, Dist. Samastipur
12	Sudhir Kumar	45	1 Son + 1 Daughter	No bald head	Village+Post-Harpur Pusa, Ward-11, Dist. Samastipur
Total 12 cases					

**Table 1:** Fooding habit and wellness of health in academic influence of at Samastipur, Bihar.

### Category II: Family with daughter and no son

Development of only daughter in family is a special case of xx-xy male female aberration, which predominantly happen. It is always desirable to have male as well in any family to keep balance. There is no baldness in male and mother also do not suffer from any mental ailment. As expected, there is no any impact of eating vegetable in diet on genomic benefit. This is a real case to be handled by lady gynecologist, but shear stint for making business under them to provide any helpful service. Many health related issues will be coming up in subsequent part of the study.

### Category III: Family with one son

Table 1 contains one such case with only one son. The male had bald head, which is conformation to the previous finding of pondering situations of xx-xy male female aberrations.

### Category IV: Family with two sons without daughter

There have been maximum 5 no of cases of family with two Sons. In all the cases the males had bald head, which again became confirmation to previous finding on the genomics revealing the disorder. No of cases in this category also established that eating vegetable did not show any genomic beneficial impact, as expected. However, specific inquiry on mental disorder of headache as well as migraines in responses towards no such ailments, which become benefits of health and wellness as such ailments were not reported by the respondents. These facts indicate a conforming benefit of nutritional benefit of eating vegetables. However, the decrease in any happening of miscarriage, for which there exists no data, might be additional genomic benefit.

### Category V: Family with sons and daughter

This category consisted three cases where, two families had two sons and one daughter and one family with one Son and one daughter. In one family with two sons and one daughter one family with one son and one daughter did not suffer the head baldness. As an exception, one male of family consisting two sone and one daughter had bald head became an exception, which needed more supporting evidences. Such complications which had actually occurred need more no of cases to be able to reach to confirmatory evidence. This becomes a challenge of gynecological concern.

The cases taken up as they appeared in the sample survey consisting cases of five categories revealed that as such there are no genomic benefits of eating vegetable in bringing balance as happening misbalance due to xx-xy male female aberrations. The cases on no headache or migraines in male as well as females appeared with reducing such ailments. Only health and wellness issues were found to prevail. The genomic benefit of reducing miscarriage could be a benefit of good food sufficiency, which is beyond the scope of gender development. The wellness and feel good might bring benefit of genomic interest, but such cases did not appear in the sample survey.

### Interim measures in order to bring genomic improvement in genty

The foregoing details revealed that Bihar is blessed with Geographic physico, situations which compel Bihar to go for intensive cultivation of paddy in the state. There have been customization of researches on development of improved fine grain and smelling paddy varieties, but such improvement solving general food sufficiency problem in the state does not bring any genomic benefit to the state. This situation leads to development of huge population as revealed by the highest population density per unit geographical areas of the state of Bihar. Any declaration of new districts is based on population and population density, hence numbers of districts in Bihar have gone over 40, without due consideration of size of geographical areas of district, which lead to lot of migrations out of state. Further, flood coming from Himalayan ranges falling in Bihar, pose gigantic flood in the State. Thus, flood becomes a predominant issue for Bihar, leading to shift to mere vegetables. In Bihar mango and banana are sufficiently grown having geographical registry of small sweet sour banana from Hajipur, Bihar. The banana and mango having recognized nutritional values have low and unrecognized value of serving no genomic

interest. Such non genomic befitting commodity do not ameliorate population aberrations and do not favour possibility of bringing any prismaticism in the gentry in future. Such aspects have not come to imaginations of food and nutrition specialists of Bihar.

Bihar is famous for Lichi from Muzafferpur, which is small in quantum in contrast with huge demand, which are exported out of state, did not come in any way for bringing any genomic benefits. This awareness did not exist then. Processing of Lichi fruit juices will become a commodity of mini snack, which will reduce peak of acidity in stomach. Another commodity i.e. Makahana being claimed as pride is considered commodity of export earning, but not for any genomic benefits. Hence, there is vast lack of commodity of mini snack in Bihar.

Bihar having rice as staple food, rely on beaten rice (chivdada) and curd, a normal menu for home breakfast remain producing acidity in body. The vegetables do not come as recommended commodity menu for providing any mini snack that could come to become item for reducing acidity, which cause plentiful health issues. This might be causing plentiful problems of acidity, but, sufficient use of vegetable might be reducing such problems, as also revealed by the present study. In order to have such mini snacks, there is need to pay special attentions to create sufficiency of mini snacks in Bihar as well as in similar rice dependent countries plentiful in South East Asian countries. This needs import of selected food commodity of fruits and nuts, which become mini snack for overcoming acidity. This authors' previous studies [3,4], provided exploratory study on suitable fruits and nuts in India including Bihar. Therefore, Bihar Governments should endeavor to promote import of such fruits and nuts from other states in the country.

### Business trade in improving genomics of the state and country

Bihar's Diara lands are highly usefully utilized for production of wheat and gram during the winter season cultivations. Many enterprises have been using the gram based processed products and making business. This gram has good potential to get processed as innovative commodity of commercial interest to bring innovative benefit of genomic interest. This development will bring prismaticism in gentry in Bihar as well as bringing prosperity in the State. Gram based mini snack rich in nitrogen content (protein) will become a novel minisnack. All necessary blue prints have been prepared to be launched in Bihar. This venture is expected to bring prosperity, business and genomic benefits for Bihar in particular and any state, in general.

## Discussion

### Possibility of enforcement of genomic benefits through vegetables

The present study established that regular intake of vegetables in diet bring general improvement in health and wellness revealed that such measures do not bring any genomic benefits. The known nutritional sufficiency supported by intake of vegetables bring care and post development of conception. In this direction under many situations of miscarriage will get reduced But, such cases did not come in the survey carried out in the study.

### Introduction of prismaticism in maintaining balance in population gentry

The innovative scientific development of xx-xy pondering study [2] revealed mishaps caused by aberrations in the known gender theory, which created situation of helplessness. The bad situation emphatically demand development, which could come in previous or the present study. But, mere vegetables cannot bring any help in this direction, hence highly pertinent enabling prismaticism cannot get facilitated in Bihar. This needs some additional care and promotive reformations by enhancing fruits and nuts, which become commodity for mini snack in general. This minisnack commodity is highly lacking in Bihar. The previous studies on transformation of Forestry Horticulture [3] and exemplary study carried out for India [4] serve as guiding example.

### Overcoming hardships of xx-xy male female gender mis balance

There is need of bringing new thinking to create generic balance in posterity. Once scientific advancement has been created by the previous and the present study are known, it is for the Governments to take initiative of such measures, which will go long way in

reformation of gender balance and their control. Such limitations could be eliminated by converting plentiful production of gram in to formation of genomic mini snacks for moderating peaks of acidity and long time loading of high pH urine in the body. This innovative development provides ample opportunity of producing such mini snacks from the resource gram. This will become new startup for Bihar in particular and other States, in general.

**New designer featured gentry compositions in perspective and its manoeuvre**

The scientific innovative developments advancing the xx-xy theory has been brought to show how the generic idealistic feature free of any disability can be accomplished taking situations those existed in past generation (which can be inquired from the elderly parents), looking the situation as they exist for the present generation, next generation and even the third generation from the present. Taking productive phase of 25 years for a generation, in general, this scenario gives depiction for a century. Such desirable features will be getting reflected generation by generation, solving all misdeeds of aberrations in xx-xy male female theory of gynecological concern. This natural manoeuvre are depicted in figure 1A-1C) will enable bringing new world in time to come.



Figure 1A: Four generations of females.



Figure 1B: Four generations of males.

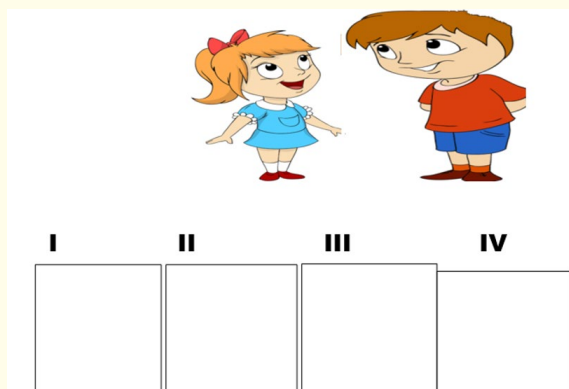


Figure 1C: Prismatic human generations.

Figure 1: Innovative prismaticism enabling new world gentry.

### Conclusion

The innovative novelty survey supported study results established, as expected, no genomic benefits of intake of vegetables in regular diets. However, regular intake of vegetables, creates general wellness and feel good and enable ailment free living of both males and females, which otherwise get disturbed under the xx-xy male female gender aberrations. The study did set suggestive measures for creating fruits and nuts, which were established by innovative improvements in the referred gender theory. Many initiative and startups were envisioned to bring opportunity and prosperity for the states in the ventures of bringing designer featured gentry in posterity.

### Acknowledgement

Authors duly acknowledged references brought out in the study.

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