



## **TITLE: REVIEW ON IMPORTANCE AND BENEFITS OF EATING DATES IN WEAKNESS AND TREATING MENTAL HEALTH**

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### **ABSTRACT (upto 300 words)**

**ABSTRACT:** Dates commonly known to be khajur in urdu (Phoenix dactylifera L.). Dates fruit is one of the best foods which possesses immense nutritional values. Date flesh is low in fat and protein but rich in sugars, mainly fructose and glucose Date have low cholesterol level and contains very little fat. It consists of proteins and various kinds of vitamins such as B1, B2, B3, and B5, and A1 and C. Date are loaded with potassium and contain little sodium, which goes a long way in keeping your nervous system in order. The potassium helps to reduce cholesterol and keeps the risk of a stroke. Mainly if women eats date fruits after delivery and girls during their menstruation so it will ultimately reduces their weaknesses. From the time it was discovered, which was thousands of years ago, dates were known to have healing powers. And while science has proved that for sure, according to history, the date palm is known to have come from what is now Iraq, Egyptians were known to have made wine with dates a lot earlier.

### **BIOGRAPHY (upto 200 words)**

Shagufta A. Farooqui has completed her Mpharm in the Department of Pharmacology and Pursuing PhD from SRTMUN, Maharashtra, India. She is working as an Assistant Professor in Nanded Pharmacy College Nanded. SRTM University, Nanded. She has over 14 publications and four books till now. She has been Participated and won many national and internal conferences and serving as an editorial board member of several reputed journals.

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