

ORIGINAL RESEARCH

Value Addition and Fortification of Common Household Food Commodities Using Lemon Grass

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Abstract

Lemongrass (*Cymbopogon citratus*) also gained more attention as a food herb, apart from its potential use as an ingredient of therapeutic diets. The following abstract takes into account lemongrass intake in diet intervention according to its physiological action and potential benefit to some health conditions. Lemongrass is noted for bioactive substances, primarily citral, which are accountable for its antioxidant, anti-inflammatory, and antimicrobial activity. This has led to studies of its activity in the treatment of diseases such as hyperlipidemia, where it can increase lipid profiles, and diabetes, where it has been reported to have an effect on glucose metabolism. Its use in the enhancement of gastrointestinal health, reduction of anxiety symptoms, and anticancer potential is also under investigation with respect to dietetic intervention. Pre-clinical trials and studies demonstrate promising effect associated with lemongrass-supplemented diets or supplementation. The abstract emphasizes the promise of lemongrass incorporation into therapeutic diets and highlighting the need for further clinical research in establishing evidence-based guidelines for proper utilization, dosing, and patients who will benefit from inclusion. The emphasis is laid upon the use of lemongrass as a component of an integrated approach to improving health by appropriately structured dietary change

Key Word: Fortification, Lemon grass, Value Addition, Food Commodities, Household.