



Journal of Medicinal Plants Studies

Health Benefits and Cons of *Solanum tuberosum*

M. Umadevi ¹, P.K. Sampath Kumar ², Debjit Bhowmik ^{3*}, S. Duraivel ⁴

1. Tamil Nadu Agricultural University, Coimbatore, India
2. Coimbatore medical college, Coimbatore, India
3. Karpagam University, Coimbatore, India [E-mail: debjit_cr@yahoo.com]
4. Nimra Pharmacy College, Vijayawada, India

Potatoes are raw, boiled, peeled, or mashed all have medicinal and healing properties. Even the water that you used to boil them in can be used. A potato's skin is rich in fiber, iron, zinc, potassium, and calcium. It even contains your B & C vitamins. When you are cooking potatoes, boil them with the skins still on but washed good. That way you still have the benefits of these needed nutrients. Whilst mainly used as a staple food, potatoes do also have a number of medicinal virtues. A juice made from the tubers, when taken in moderation, can be helpful in the treatment of peptic ulcers, bringing relief from pain and acidity. This is applied as hot as can be borne to rheumatic joints, swellings, skin rashes, haemorrhoids etc. Peeled but uncooked potatoes have been pounded in a mortar and then applied cold as a soothing plaster to burns and scalds. Potato skins are used in India to treat swollen gums and to heal burns. The tubers contain very small quantities of atropine alkaloids. One property of these alkaloids is the reduction of digestive secretions, including acids produced in the stomach. The leaves are antispasmodic.

Keyword: *Solanum Tuberosum*, Peptic Ulcers, Rheumatic Joints, Sleeping Sickness.

1. Introduction: Potato is a plant. The fleshy part of the root (potato) is commonly eaten as a vegetable. Potato is also used to make medicine. People take raw potato juice for stomach disorders and water retention (edema). A purified protein powder made from potato is mixed with water and used to control appetite for weight loss. Some people put raw potato directly on the affected area for arthritis, infections, boils, burns, and sore eyes. In foods, potato is eaten, used as a source of starch, and fermented into alcohol. Excessive doses of potato juice can be toxic - do not drink the juice of more than one large potato per day. A poultice has been made from boiling potatoes in water.. This seemingly trivial vegetable, if steamed or stewed,

helps the body to fight against toxins, due to its rich potassium content. It helps eliminate uric acid, as it is indicated in rheumatism and arthritis. Potato is very good for nervous people, with cramps, insomnia, and cough. Potato is also recommended for diabetes, baked in ash, so that it doesn't lose any flavor or nutritional qualities. Potato leads to the improvement of general health and, in patients with surgical complications, to a regeneration of tissues, by promoting the wound-healing processes. Potatoes contain provitamin A, vitamin K, sulfur (they fight seborrhea and excess iron). It is one of the main sources of vitamin C for the French, who consume about 120 kg of potatoes a year per person. Dr. Leon Binet has shown that this vegetable contains a nitrogenous

substance which favors the growth of children. UK scientists have identified bioactive plant chemicals in the most practical of staple foods, the potato. These natural chemicals have been associated with reduced blood pressure and they selectively affect a chemotherapeutic target for trypanosomes and similar diseases such as sleeping sickness.

Potato is recommended by modern medicine because it is healthy, nutritious, energetic, allowed for all those prone to weight gain. It helps the intestines function correctly, fights ulcer and is good in the healing process of scars. If not prepared with fat, potato does not fatten. It is even recommended to obese people or those who suffer from hepatic diseases. Providing the diabetics with 1-1.5 kg of potatoes daily, it was discovered that the morbid symptoms were diminished (glycosuria, polyuria, polydipsia). Even if it is bulky, potato is 80 percent water, a little less than milk. An average-sized potato weighs about 150 grams and provides only 100-110 kilocalories, the same as a glass of orange juice. A potato has only 10 milligrams of sodium (400 times less than the RDA of sodium). It has, however, the highest content of potassium: three times more than an orange and even more than a banana. Harder to digest are the French fries, because they contain more fat. Boiled potatoes should not be kept longer than 24 hours.

2. History of Potato

Potatoes originated in the South American country of Peru. They were cultivated there by the Incas for over two thousand years before they were discovered by the Spanish conquistadors, who were exploring for gold and silver. Incan communities used potatoes for healing broken bones and relieving rheumatism and indigestion, and they were thought to be a major part of the Indians' diet. When the conquistadors did not find the gold they were seeking, they starting shipping potatoes back to Spain in the 1530's. However, potatoes were not trusted for food right away, as they are a part of a family of toxic plants called nightshades. In fact, some have commented that if potatoes were a modern find, they would be deemed unsafe for human

consumption for this family relationship. It would take about 200 years for the potato to become a popular table item. Potatoes are relatively inexpensive, grown rather easily, and have useful medicinal purposes, to boot. Since their introduction to Europe and their belated popularity, remedies from the once ignored potato have come from around the world, including Korea, Central America, England, and the United States, where the potato has been used to treat a variety of skin ailments. These treatments range from acne and warts to frostbite and burns. The National Potato Board has even recommended using peeled, shredded, and soaked potatoes as a facial mask for drying oily skin. Russian folklore has suggested that those over 40 should grate and eat a medium sized raw potato daily, before breakfast, to keep the arteries clear and increase blood flow to the heart. In some rural areas of England, those suffering from rheumatism still carry potatoes in their pockets, hoping that they will absorb some of the acid from their bodies. They are replaced every few days and the old ones thrown away.

Table 1: Scientific Classification

Scientific classification	
Kingdom:	Plantae
(unranked):	<u>Asterids</u>
Order:	<u>Solanales</u>
Family:	<u>Solanaceae</u>
Genus:	<u><i>Solanum</i></u>
Species:	<i>S. tuberosum</i>
Binomial name	
<i>Solanum tuberosum</i> L.	

3. Indications - Internal Use:

- Maintains general health
- Obesity (by the intake of potassium)
- Diabetes (replaces bread: baking in the oven or stewed)
- Gastritis, ulcers (raw juice)
- Constipation (raw juice)

3.1 Indications - for External Use:

- Burns
- Lower leg ulcers
- Cracks

3.2 Usage - Internal Use

- Pure tincture: 20 drops in a little water 3 times daily
- Raw potato juice, half a cup, 4 times a day for one months (diabetes, gastro duodenal ulcers) for other diseases

3.3 Usage - External Use

- Raw potato cataplasm: burns, frostbite, cracks, ulcers, swelling of eyelids.

4. Benefits of Potato

a. As an Anti Aging Agent

Wash your face daily with potato juice (raw potato can be ground with water) which prevents wrinkles on face and make your face glow.

b. Medicine for Skin Burn

Take a raw sliced potato and make it as a paste by mixing water. Apply the paste on minor skin burns to relieve pain.

c. Medicine for Headache

Take a half sliced raw potato, and rub it on your temples to get relief from headache.

d. For Tired Eyes

Place two round slices on your eyes to reduce the tiredness of your eyes.

e. Remove Glue on Hands

Potato can remove glue from hands. Use Potato to wash hands when you find it hard to remove the stickiness on hands after handling some sticky vegetables like pumpkin.

f. As a Shoe Polish

Rub a raw potato on your old, dirty shoes before polishing them. They should come out nice and shiny.

g. Act as a Sleeping Pill

Potato prevents the action of acids in our stomach that disturb our sleep. Take a boiled and mashed potato with milk before sleeping to have a peaceful sleep.

h. As a Polish on Silverware

Boil potatoes in some water and remove the potato from water. Place your silver ware in the water for an hour. Silver ware will glaze.

i. Extract Salt for Curry, Soup

If you found excess salt in curry or soup, toss some large sliced potatoes into the curry pot or soup bowl, still on the stove. In about 5 to 10 minutes the potato slices absorb the excess salt. Then remove them from the pot or bowl.

j. Keep Glasses Clear

Rubbing a potato on the glasses can prevent them from fogging up in the early morning.

k. Make a Decorative Stamp

A potato can provide the right medium for making your own stamp for decorating envelopes and holiday cards. Cut a potato in half widthwise. Carve a design on one half. Then start stamping as you would with a wooden version.

l. Lure Worms In Houseplants

If the worms crawl around the roots of plants, place a sliced raw potato around the base of the plant. The worms crawl up to eat it, you can grab them out.

5. Nutrition Value of Potatos

Potatoes have been found to be a highly nutritious vegetable. Starch is the main component of potatoes, but they also contain small amounts of

protein and alkaline salts. They are also rich in vitamin c, b-complex vitamins, and beneficial levels of the minerals iron, calcium, manganese, magnesium and phosphorus. Many of the nutrients in potatoes are found in their skin, so more benefits have been attributed to eating them whole as opposed to peeled.

6. Uses of Potato's

Potatoes have many constituents including a host of tannins, flavonoids, and alkaloids. The tannins have a drying action which has been linked to relieving diarrhea. They have also been used externally for burns and inflammation. In folk medicine, the use of potatoes for bone and muscle pain is partially due to their ability to hold heat for long periods of time, allowing it to penetrate deep into ones tissues. The converse is also true, as they hold cold well and are also used as a compress for treating burns and scalding. Successful experimental treatments for gout and rheumatism have been made in recent years from the juice of raw potatoes and using the vital mineral salts found in the water of boiled potatoes. Potassium, sulfur, phosphorus, and chloride in an uncooked potato are useful for treating acne blemishes; while their enzymes and vitamin c can nourish the skin, remove unhealthy tissues and make it younger looking. Folklore claims that an uncooked potato, freshly cut and placed on a wart several times daily, will remove it. This treatment has also been recommended for removing splinters and relieving bags under the eyes. Potatoes should be omitted from the diet of those with venereal diseases and those who are prone to aphrodisiac tendencies as they contains an alkaloid toxin (solanine) which affects the sexual organs. Solanine poison is more prevalent in potatoes too green in color. The combination of cooked meat and the afore mentioned 'too green' potatoes cooked intensifies this poisonous actions. Together, with the presence of uric acid crystals resulting from the poor digestion of the meat, they may cause severe irritation of the sexual organs.

7. Treatments

a. Potato Therapy:

chronic constipation, intestinal toxemia [Preeclampsia], gout, kidney stones, and dropsy have been treated with a potato diet. Beneficial results have been achieved by eating thus for several months. On the potato diet, you can prepare them in various ways; baked, steamed, and in a soup. Other vegetables which can be eaten on this diet are spinach, beet tops, turnip tops, cucumbers, celery, tomatoes, and other green vegetables.

b. Scurvy:

Potatoes are an excellent treatment for scurvy. Use of 'potato cream' or mashed potatoes are common in cases of infantile scurvy. Since the acceptance of the potato in Europe, scurvy has decreased in appearance, only showing up when the crop fails.

c. Rheumatism (Arthritis):

Raw potato juice is an excellent natural remedy for treating rheumatism. One or two teaspoons pressed out of mashed, raw potatoes should be taken before meals to eliminate acid conditions and relieve rheumatism. The skin of a potato is also good for relieving rheumatism, as it is very rich in vital mineral salts. The water the skins have been boiled in is a good medicine for all acid-causing digestive disorders. The peelings should be washed thoroughly and boiled for 3-5 minutes. It should then be strained and a cup taken three to four times daily, as needed.

d. Digestive System:

Raw potato juice is valuable in stomach and intestinal disorders. Ulcers of the stomach are treated with the juice of pink potatoes. Potato juice has also been used to relieve gastritis. The recommended dose is half a cup two or three times daily an hour before meals. Potato starch has

been given as an anti-inflammatory for gastrointestinal diseases and toxins.

e. **Skin Cleanser/Revitalizer:**

The enzymes, vitamin C, and starch found in raw potatoes can make a skin food that nourishes starved skin tissues. The alkaline properties of potato juice have an antiseptic action that leaves the skin a youthful glow. Much of the old skin is sloughed off by the acidic portion of the pulp.

8. Sweet Potato as Herbal Medicines

Sweet potatoes have been labeled a natural alternative to estrogen therapy or a natural dehydroepiandrosterone because laboratory studies have shown they contain a chemical called diosgenin, which can be changed into different steroids, such as estrogen. However, this effect does not occur in the body and existing scientific information does not prove the effectiveness of sweet potato for any medicinal use. Before using sweet potatoes medicinally, talk to your health care provider.

9. Identification and Dosing

a. **Medicinal Uses**

Sweet potatoes are used as estrogen replacement therapy, as well as for managing menstrual problems and osteoporosis. Other uses include reducing diverticulosis, which is an ailment of the intestines; gallbladder complaints; and arthritis. Sweet potatoes are also used by men and women to increase energy and sexual drive. Women use sweet potatoes for breast enlargement.

b. **Effectiveness**

Sweet potatoes are rated as possibly ineffective for treating symptoms of menopause when applied as a cream to the skin, says the Natural Medicines Comprehensive Database. Available scientific information does not support the clinical efficacy of sweet potatoes for any other health condition. More research is needed to evaluate the health benefits of sweet potatoes.

10. Medicinal Properties of Potato:

Whilst mainly used as a staple food, potatoes do also have a number of medicinal virtues. A juice made from the tubers, when taken in moderation, can be helpful in the treatment of peptic ulcers, bringing relief from pain and acidity. Excessive doses of potato juice can be toxic - do not drink the juice of more than one large potato per day. A poultice has been made from boiling potatoes in water. This is applied as hot as can be borne to rheumatic joints, swellings, skin rashes, haemorrhoids etc. Peeled but uncooked potatoes have been pounded in a mortar and then applied cold as a soothing plaster to burns and scalds. Alcohol; Biomass; Cleanser; Cosmetic; Polish; Size; Starch. The tubers are a source of starch that is used in sizing cotton and to make industrial alcohol etc. It also has many other uses in industry. Ripe potato juice is an excellent cleaner of silks, cottons and woollens. The water in which potatoes have been boiled can be used to clean silver and to restore a shine to furniture. Emollient and cleansing face masks are made from potatoes, these are used to treat hard, greasy and wrinkled skins. The potato is a good source of biomass. When boiled with weak sulphuric acid, potato starch is changed into glucose and this can then be fermented into alcohol.

A potato that happens to have a greenish tinge to it, or that has begun to sprout, may contain a large concentration of solanine. This may affect your nerve impulses, along with causing vomiting, cramps, and diarrhea. For your own safety, please stay away from these.

Warts --- Place a thin slice of raw potato over the wart and cover with a bandage to hold it in place. Leave this on overnight and remove it in the morning when you get up. Repeat this process for a week. If your wart is still present after a week, try substituting garlic for the potato slice.

Freckles --- Potato water can fade your summertime freckles. Wet a washrag with some of your potato water and wring out any excess. Place the washrag over your freckles and leave it

on for 10 minutes. You can do this daily and in time, you will see those freckles begin to fade.

Indigestion, Stomach Pain, Heartburn --- Drinking raw potato juice will neutralize the acid in your stomach. To get potato juice, grate a potato over a thin towel. Wrap your grated potato in the towel and squeeze it over a cup until all of the liquid is out of the potato. Dilute 1 T of the potato juice in 1/2 cup of warm water and drink slowly. For heartburn, add twice as much warm water as you have of the potato juice and drink this mixture. You can also relieve heartburn by eating a slice of raw potato.

1st Degree Burns --- Apply a slice of raw potato, unpeeled, or a slice of onion can be used also, directly over the burn. This will draw out the heat and the pain from the burned area. Leave this on the burned area for 15 minutes. Remove for 5 minutes, and replace with a fresh slice of raw potato for an additional 15 minutes.

Insect Stings --- To relieve the pain and swelling from an insect sting, use one of the following for 1/2 hour and then follow with ice on the bite for another 1/2 hour: the juice from a raw potato or an onion, wet salt, or toothpaste.

11. Cosmetic Uses of Potato

Some glossary declared a component named Azelaic Acid from Potato do inhibits tyrosinase activity to reduce pigmentation spotting related to breakouts, treats mild to moderate acne (both inflammatory and comedonal), reduces bacteria growth in the follicles, scavenges free radicals. *Solanum tuberosum* extractis potato starch. Used as a thickening agent in cosmetics.

12. Therapeutic Benefits of Potato

The alkaline juice of the potato neutralizes stomach acid and relieves upset stomach, heartburn and even peptic ulcers. Warm potatoes applied externally help alleviate joint and muscle pain and improve circulation. Raw potatoes reduce itching and skins inflammation.

a. Components

Potatoes are very nutritious, supplying complex carbohydrates, fiber and protein;

vitamins A, B-complex and C; and copper, iron, magnesium, manganese, niacin and potassium. When it is possible, eat the nutrient-rich skin. If you do not like it, peel the skin thinly, because many nutrients are concentrated just beneath it.

b. To promote healthy intestines

Drinking potatoes water can help cleanse your intestines and reduce the amount of acid in the gastrointestinal system. To prepare it, wash and dice a large potato. Steep it overnight in 1 cup of water to which you've added a pinch of sea salt, strain and drink the water every morning on an empty stomach. Repeat for several weeks.

c. To eliminates toxins from the body

A two-day diet of nothing but potatoes is sometimes recommended to flush excess fluid, and the toxins and waste products that fluid may contain, from the body and help purify the blood. Simultaneously, the alkaline substances in the potato bind to uric-acid deposits and remove them from the body, thus relieving gout and arthritis. Eat one large, plain baked potato with the skin five times a day for two days. Drink plenty of water.

d. To Improve Liver Function

A tea made from potato skin can relieve gall bladder problems, thereby enhancing the liver's ability to clear waste products and toxins from the body. To prepare, peel a large potato and boil the skin in 1 cup of water for 5 minutes. Strain and drink the brew.

13. Method of Administration

a Potato Wrap for Pain Relief

The potato wrap has long history as a folk remedy for all types of muscle and bone pain. Potatoes retain heat for long periods of time, allowing the warmth to penetrate deep into the tissues. To make the wrap, boil 1 lb. of potatoes in their skins until tender. Place them in a linen

sack and mash them. Apply the sack to the affected area, placing a towel underneath tightly to your body with a woolen blanket. Remove the only after it has cooled down completely.

b. Raw Potatoes for Inflammation

The cooling effect of raw potato slices brings fast relief from swelling (and itching) caused by contact dermatitis and insect bites. The slices are also effective for bruises as well as sties that occur on the eyelids. Peel and slice a potato and apply a slice to the affected skin until the potato warms up. Repeat as necessary.

c. Potato Juice for Heartburn

Potato juice helps reduce stomach acid and heal gastrointestinal inflammation because it contains compounds that coat the lining of the stomach. Use a juicer to extract the juice from 1-2 large potatoes (with the skins). Take 3-4 tbsp. of juice half an hour before meals. If you do not like the taste of potato juice when taken straight, mix it with another vegetable juice (such as carrot or beet) or add it to soup.

14. Health Benefits of Potatoes

Potatoes have been getting a bad rap in the food world. But the pride of Idaho actually has much to boast about. Potatoes are filling, moderate in calories, and non-fattening, and are an excellent way to ensure your continued success in eating healthy. Whoever coined the phrase "the lowly potato" certainly wasn't aware of its nutrient values. And anyone who still shuns the potato thinking it is fattening is missing out on a food tailor-made for the calorie-conscious person. Potatoes are nutrient-dense, meaning you receive many nutrients for the amount of calories they have. The fiber is half soluble, half insoluble, so it helps to keep you regular and helps to lower cholesterol. And slowing down digestion helps to keep you full longer. Phytochemicals in potatoes include flavanoids and a recently identified compound called kukoamine that appears to help lower blood pressure. With the exception of vitamin A, white potatoes have just about every nutrient. Did you know potatoes are full of vitamin C? However, since we do not eat

potatoes raw, most of the vitamin C is lost due to the heat of cooking. In addition, one baked potato offers about 20 percent of the daily recommended amount of vitamin B6, which is good news for your heart. They are also very high in potassium, beating other potassium-rich foods. They are a good source of iron and copper, too. In fact, a potato a day is good for your heart, promoting normal blood-pressure levels. As it turns out, the bad rap belongs to the toppings and preparation methods we often use to turn potatoes from a healthful food to a fatty, salty snack. The health-conscious will want to bake, not fry, and be conscious of the nutritional value of the oils, toppings, and condiments that touch our spuds. A new survey has revealed that after sugar, carbohydrates such as potatoes are one of the first things that those keeping an eye on their weight cut out. Yet far from being the devil's food, a cooked new potato has only 26 calories and is packed with nutrients. Here we reveal the surprising health benefits of the humble spud. A key to lasting weight loss is eating foods that make you feel full for longer, says Dr Jacquie Lavin, a weight-loss doctor for Slimming World. You should eat complex carbohydrates such as potatoes, rather than simple carbohydrates like sugar or biscuits which give a short energy boost followed by hunger pangs,' she says. 'In this way, potatoes can help you reduce binge-eating. Potatoes provide the body with an essential source of fuel and energy, which you need even when dieting According to a study in the British Journal of Nutrition, potatoes are wrongly classified as high on the Glycemic Index, which ranks carbohydrates from one to 100 according to how quickly they are broken down during digestion into basic glucose. Pure glucose scores 100. The lower the rank, the longer it takes for the food to be absorbed, and the longer we feel satiated after eating it. This is why a diet of low GI foods is recommended to those wanting to lose weight. However, the research revealed that the GI of potatoes varies depending on the type, where it is grown and the preparation methods. For example, the GI may be medium to low when potatoes are eaten cooled, rather than hot, and when boiled and consumed

whole, rather than mashed. Potatoes provide the body with an essential source of fuel and energy, which you need even when dieting. As a rich carbohydrate source, they help to fuel all reactions in the body which you need for movement, thinking, digestion and cellular renewal.

15. Vitamin Booster

Potatoes were eaten by 19th Century English and Spanish sailors to fend off scurvy. Surprisingly rich in immune-boosting Vitamin C, a medium potato (150g) with the skin provides 27mg, almost half of the recommended daily intake. Potatoes are also a rich source of Vitamin B, foliate and minerals such as potassium, magnesium and iron. Potatoes are underground tubers, meaning that they store all the vitamins and minerals needed for growing new potato plants in spring. Rather than being bland and starchy, they're actually full of nutrients. Super food: One new potato contains just 26 calories

a. Blood Pressure

Researchers at the Institute for Food Research in Norwich have found blood-pressure lowering molecules in potatoes called kukoamines. Traditional Chinese Medicine uses a plant, *Lycium chinense* - which also contains kukoamines - as a tea to lower blood pressure. While the precise quantity of potatoes you'd need to eat for a therapeutic effect has still to be measured, it is thought that a few good servings of potatoes a day would have some blood-pressure lowering activity.

b. Cardiovascular Disease

The Agricultural Research Service in Navarre, America, has identified 60 different kinds of phytochemicals and vitamins in potato skins. Many of these were flavonoids, which help protect against cardiovascular-disease by lowering levels of bad LDL-cholesterol and keeping arteries fat-free. The B vitamins in potatoes also protect arteries. Vitamin B6, found in potatoes, reduces

levels of a molecule called homocysteine which is involved in inflammation and the furring up of arteries. High homocysteine levels are associated with a significantly increased risk of heart attack and stroke.

c. Gut Health

A single baked potato will provide nearly 12 per cent of the daily recommended amount of fibre, giving similar levels to whole grain breads, pastas and cereals.

High levels of dietary fibre and 'bulking agents' support healthy digestion and regular bowel movements, while giving a protective effect from colon cancer.

While most potato fibre is found in the skin, some of the starch in potatoes is indigestible.

Instead it passes through the gut intact, adding bulk. If you suffer from sluggish bowel movements, eat cooked potatoes that have been cooled. The cooling process increases the amount of indigestible starch from seven per cent to 13 per cent.

d. Stress

Potatoes are exceedingly rich in Vitamin B6, a substance needed for cellular renewal, a healthy nervous system and a balanced mood. Just 100g of baked potato contains 21 per cent of the daily value of the vitamin. It is used to make neurotransmitters --substances that deliver messages from one cell to the next. Neurotransmitters such as serotonin and dopamine are needed for the regulation of mood and Vitamin B6 is needed to make them.

It is also used to make adrenaline, hormones that help us respond to stress, and GABA, a substance linked to relaxation and a feeling of wellbeing.

e. Healthy:

A single baked potato will provide nearly 12 per cent of the daily recommended amount of fibre. Potatoes are typically loaded with calorie-laden fats such as butter, sour cream and melted cheese. Cut out the extra fat and deep frying, and a typical baked potato suddenly becomes a healthy high-fibre food.

f. Raw Potato Juice

Potato juice is unmatched in the treatment of gastric acidity and gastric ulcer. It calms and heals the digestive mucosa. It is an antispasmodic, diuretic, emollient. In a glass, pour two inches of potato juice and warm water until the glass is full. Drink in the morning on an empty stomach. It can be mixed with soup. Like all juices, potato juice alters rapidly, so it has to be extracted and used immediately. Millions of individuals suffer from arthritis, but few know the beneficial action of potato juice against the disease. The raw extract is indicated in hepatitis and gall stones, constipation, hemorrhoids, scurvy. Pink varieties of potato juice contain carbohydrates, protide, fat, mineral salts, vitamins (B1, B6, C, K). Potato starch has an anti-inflammatory effect in gastrointestinal diseases and in poisoning with toxic substances.

g. Medicine for the Skin

For burns, chilblains, skin cracks, sores, swelling of eyelids: shave a sufficient amount of raw potato and apply on that area, mixed with a teaspoon of honey or olive oil, leaving at least two hours to act; fix it with a bandage. Change the cataplasm during the day, until complete healing. For sunburn, place thinly cut potato slices. Leave them for a few minutes. Potato flour is a good sedative in case of burns, erysipelas, varicose ulcers, skin rashes and cracks. Fix them with a bandage for an hour or two. Repeat the operation twice daily until complete

healing. For warts, place raw thinly cut potato pieces, once in the morning and once in the afternoon. Excessive sweat of the feet can be treated with potato flower powdered on the skin after washing the feet.

h. Get Rid of Cough and Headaches

Even potato leaves have therapeutic use. Boil 15 g of fresh leaves for 5 minutes in 750 ml of water and then strain them. The obtained tea can be sweetened with honey. Drink it between meals to relieve cough. For migraines, apply raw potato slices or fresh cherry, mint, thyme and coltsfoot leaves of on the forehead. In case of persistent headaches drink hot potato juice (a quarter of a cup, 3 times a day before meals). Against intestinal parasites: for 3 days, eat in the evening only a potato salad mixed with 60 g of walnut oil. For dinner, 100-200 g cow cheese and some baked potatoes are healthier than any medicine in the world.

17. Conclusion

Nourishes the spleen and benefits the stomach; stops pain and relieves urgency, detoxifies and relieves swelling. Its function is somewhat similar to that of sweet potato, only a little bit weaker. So, it is a splenic and stomach tonic and is good for general weakness of the body. Potatoes are frequently served whole or mashed as a cooked vegetable and are also ground into potato flour, used in baking and as a thickener for sauces. They are also eaten as potato chips and fries in fast food industry. Potatoes are highly digestible.

18. Reference:

1. Roden, Claudia (1990). *The Food of Italy*. London: Arrow Books. p. 72. ISBN 0-09-976220-X.
2. Solomon, Charmaine (1996). *Charmaine Solomon's Encyclopedia of Asian Food*. Melbourne: William Heinemann Australia. p. 293. ISBN 0-85561-688-1.

3. Berrin, Katherine & Larco Museum. The Spirit of Ancient Peru: Treasures from the Museo Arqueológico Rafael Larco Herrera. New York:Thames and Hudson, 1997.
4. Steven Adams, Anna Gruetzner Robins (2000). Gendering Landscape Art. University of Manchester. ISBN 0-7190-5628-4.
5. van Tilborgh, Louis (2009). "The Potato Eaters by Vincent van Gogh". The Vincent van Gogh Gallery. Retrieved 11 September 2009.
6. "Mr Potato Head". Museum of Childhood website. V&A Museum of Childhood. Retrieved 11 September 2009.
7. www.dailymail.co.uk
8. www.livestrong.com
9. www.care2.com
10. www.healthonlinezine.info
11. www.novapublishers.com
12. www.healthyeating.sfgate.com
13. www.webmd.com
14. www.naturalhealth365.com