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### Evaluation of phytochemicals and antioxidant activity in underutilised wild edible plants of Meghalaya state, India

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**Abstract:**Free radicals are generated in the living cells during cell metabolism. Excess of free radicals are harmful as they can cause oxidative damage to the living cells. Antioxidants can interfere by donating electrons to stabilise and neutralise the harmful effects of free radicals. Natural antioxidants are easily available in many wild edible plants. Consumption of such plants has been associated with reducing the risk of developing chronic diseases such as cardiovascular disease and cancer in humans. These protective effects have been attributed partially to the presence of phytochemicals in plants particularly flavonoids and phenolic compounds. The overall objectives of the present study were to investigate vitamin C, total phenolic content, flavonoid content and free radical scavenging activity in methanolic extracts of eleven underutilised wild edible plants available in Meghalaya state of India. From the study it was found that vitamin C, total phenol and flavonoids in vegetables range from moderate to high concentration. The plant samples showed high radical scavenging activity which can be concluded that these plant samples provide good sources of antioxidants and can be useful natural remedies in the treatment of various types of human related diseases, malnutrition associated problems as well as increasing the health status of the rural population.

**Keywords :** Vitamin C, total phenolic content, flavonoids, radical scavenging activity.

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