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## RESEARCH ARTICLE

### “BASTA”- YOUNG BAMBOO SHOOT AND ITS IMPORTANCE

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#### ABSTRACT

Nature has given a lot of gifts in the form of valuable flora and fauna. One of the most important wild plants is bamboo. Bamboo plays a very significant role in the science of Ethno botany. Young bamboo shoots which are considered as one of the most useful health products because of their rich content of proteins, carbohydrates, vitamins, fibers and minerals and very low fat. Bamboo shoots should be processed properly before the consumption as freshly harvested shoots contain high content of cynogenic glycosides which may pose serious health issues. When the nutritional values of young bamboo shoots are compared with our commonly used vegetable like Carrot, Radish, Brinjal, Cabbage, we find that bamboo shoots contain a quite more amount of nutritious contents. This review gives stress on essential phytochemicals, health benefits and ethno medicinal uses of young bamboo shoots and their usage as important traditional food in India.

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## INTRODUCTION

Bamboosa is a tender, parrenial green shoot, which is also the fastest growing plant in the world. Bambusa arundinacea (Family-Graminae/Poaceae) is highly reputed Ayurveda medicinal tree commonly known as the bamboo. It is tall sized tree growing throught India, moist parts of India. It also occur in Srilanka, Malaya, Peru and Myanmar. The Different parts of this plant contain silica, choline, betain, cytogenetic glycosides albuminocides, oxalic acid reducing sugar, resins waxes benzoic acid, Arginine cysteine, histidine, riacin, riboflavin, Thiamine, Protein, glutenine, various, parts of this plant have ethnobotaiical importance, but mainly the shoot part is important in reference of ethno medicine.

Main Name:- Bamboo shoot  
Bot Name:- Bambusa arundinacea and Bambusa Vulgaris.  
Family:- Poaceae  
Language:- Bambu (Spanish), Bamboo (French), Bambus/  
(Zech), Baans(Hindi), Kalkipan (Marathi),  
Dawasagaja/Oriya), Baans (Urdu and Punjabi)

### The edible bamboo shoots are of two types

- i) Winter
- ii) Spring

Spring shoots are larger and tougher compared to the winter shoots, though both are available in fresh and canned forms,

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snakes, salads, and fried rice, curries, soups are just a few of the delicious that make use of bamboo shoots. Bamboo shoots or Bamboo sproungs are young stems that are harvested before they turn two week old, and reach a height of 30 cm. Crispy and Crunchy bamboo shoots are valued for their delightful supple texture and rich aroma.

#### History

Member of the grass family bamboo shoots were indigenous to southern China, They are the Since ancient times the woody tree trunks of bamboo have been used to build entire house furniture, Kitchenware, and utensils. Bamboo has also laid the foundation for many bridges, it is used for making musical instruments as well, like flute. Bamboo bark is used for skin eruptions (Khare, 2007). Leaf is emmenagogue, antileprotic, febrifuge, bechic, and used in haemoptysis (Khare-2007).

#### Botanical Description

Thorny tree, stem many, tufted on a stunt root-stock, grows up to 30 meter high, culms 15-18 cm across; nodes prominent, the lower emitting horizontal almost naked shoots armed at the nodes 2-3 stop recurred spines, internodes up to 45 cm. Leaves 17.5 – 20.5 x 2-2.5 cm. linear or linear- lance late, tip stiff, glabrous or puebls beneath. Flowering and fruiting once in life time, often during September-May (Cooke, 1967, Anonymous, 1996; anonymous 1988, Bole and Partake, 1988; Brandi’s, 1972).



Newly Germinating Bamboo Shoots



Bamboo Shoots Cut for Preparation



### Phyto-chemicals found in Bamboo Shoots

The siliceous substance found near the joint inside is a white camphor like crystalline in appearance, slightly sticky to the tongue and sweet in taste (Vaidya, 1982; Watt, 1972). Shoot has active constituents, are oxalic acid reducing sugar, resins, waxes, HCN, Benzoic acid (Ghosh *et al.*,1938) diferuloyl Arabianoxcanhexsaccharide, diferuloyl oligosaccharide (Tadash, 1991) seed contains arginine, cysteine, histidine, isolensine, leusine, lysine, methionine, phenylamine, threonine, valine, tyrosine, niacin, riboflavin, thiamine (Chatterjee and Prakash 2001). Leaves mainly contain protein glutamines, lysine, choline, urease, nuclease, (Chatterjee and Prakash, 2001)

### Health Benefits of Bamboo shoot

In rural and tribal areas of India people collect young bamboo shoots, and prepare a number of dishes. These young bamboo shoots are known as "Basta". Basta is used for making Sabji, Pakora and Bada (a central Indian dish).

- 1) Very low in calories and high in fiber bamboo shoots make a valuable addition to any recipe, particularly for people who are trying to lose weight, The fiber takes care for the digestion process of diarrhea, It improves bowel movement and increases fecal volume.
- 2) Due to the high potassium content in bamboo shoots they help in keeping the blood pressure under control. Bamboo shoots also have some stabilizing effect on arterial blood pressure.
- 3) Regular consumption of bamboo shoots is known as to work wonderfully for cholesterol health by reducing LDL levels significantly, there shoots fight the risk of heart diseases.
- 4) With a high amount of antioxidant properties the shoots contribute towards averting the risk of colon cancer.
- 5) Apart from boosting the body's immunity bamboo shoots have anti-inflammation properties.
- 6) Bamboo shoots have been referred to as an effective herbal remedy for alleviating spasm in the gall bladder.
- 7) These plants have been proven to treat measles faster than any other medication, for best results soup prepared from bamboo shoots must be consumed twice a day until the symptoms subside.
- 8) Bamboo shoot is known to speed up two significant processes in women menstrual cycle and labor.
- 9) It is a good medicine to treat dysentery.

### Conclusion

Bamboo species are ethno botanically very important, it has a range of uses for various purposes from the construction work to medicinal use. There is a good scope of research work on different parts of bamboo plant, It is necessary to spread the knowledge of its valuable role in ethno-medicine and other ethno-botanical branches as well, so that common people may know the importance of bamboo plant.

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