### CONTENTS

<table>
<thead>
<tr>
<th>Acknowledgement</th>
<th>-</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>List of tables</td>
<td>-</td>
<td>VII</td>
</tr>
<tr>
<td>List of plates</td>
<td>-</td>
<td>X</td>
</tr>
<tr>
<td>List of figures</td>
<td>-</td>
<td>X</td>
</tr>
</tbody>
</table>

**Chapter 1 Introduction**

| 1.1. Origin                          | - | 2 |
| 1.2. Distribution                    | - | 3 |
| 1.3. Varietal diversity and names    | - | 5 |
| 1.4. Medicinal importances           | - | 5 |
| 1.5. Leading faba bean producing countries and production | - | 6 |
| 1.6. Dietary inclusion of food legumes and faba beans | - | 8 |
| 1.7. Animal feed                     | - | 9 |
| 1.8. Popular ways of consuming faba beans | - | 9 |
| 1.9. Consumption in Manipur          | - | 10 |
| 1.10. Consumption of pulses in India | - | 11 |
| 1.11. Digestibility                 | - | 11 |
| 1.12. Effect of processings          | - | 13 |
| 1.13. Antinutritional and toxic factors | - | 14 |
| 1.13.1. Trypsin inhibitors           | - | 15 |
| 1.13.2. Lactins (Haemagglutinins)    | - | 15 |
| 1.13.3. Phenolic compounds           | - | 16 |
| 1.13.4. Tannins                      | - | 17 |
| 1.13.5. Phytic acid (Phytate)        | - | 19 |
| 1.13.6. Saponins                     | - | 21 |
| 1.14. Problems associated with faba beans | - | 21 |
1.14.1. Favism - 21
1.14.2. Flatulence - 22
1.15. Nutritional constituents - 24
1.15.1. Protein and amino acids - 25
1.15.2. Fat - 26
1.15.3. Carbohydrates - 26
1.15.4. Fibre - 27
1.15.5. Minerals - 28
1.15.6. Vitamins - 28
1.16. Plant types of faba beans available in Manipur - 30
1.17. Adaptation and genotypes of Manipur - 31
1.18. Reason for proposing the present study - 31
1.19. Source and naming of the selected genotypes - 33
1.20. Area of the present investigation - 34
1.21. Additional part of the study - 36
1.21.1. Relation between seed size and yield components of the three genotypes - 36
1.21.1.1. Materials and methods - 36
1.21.1.2. Results and discussion - 38
1.21.2. Photographic presentation of plants, flowers, green entire pods and dry beans of the three genotypes - 43
1.21.3. Survey on the prices of green entire pods and dry beans of V. faba in the local markets of Manipur - 45

Chapter 2  Physico-chemical characters of maturing green entire pods and their parts, whole and decorticated forms of dry beans of three V. faba local genotypes of Manipur

2.1. Introduction - 46
2.2. Materials and methods - 47
2.3. Determination of proximate composition - 48
2.3.1. Crude protein - 48
2.3.2. Crude fat - 48
2.3.3. Crude fibre - 49
2.3.4. Dry ashing - 50
2.3.5. Total crude carbohydrates - 50
2.3.6. Determination of energy content - 50
2.4. Determination of reducing and total soluble sugars - 50
2.5. Determination of starch - 51
2.6. Determination of minerals - 51
2.6.1. Determination of calcium - 51
2.6.2. Determination of phosphorus - 52
2.6.3. Determination of iron - 52
2.6.4. Determination of potassium by volumetric method - 52
2.6.5. Determination of magnesium - 53
2.7. Determination of antinutritional substances - 53
2.7.1. Total phenols - 53
2.7.2. Tannins - 54
2.7.3. Phytate - 54
2.8. Results and discussion - 59

Chapter 3  True proteins and protein fractionation of decorticated dry beans and amino acid composition of seed protein of the major genotype

3.1. Introduction - 79
3.2. Materials and methods - 80
3.3. Results and discussion - 81

Chapter 4  Effect of pH on the extraction of soluble proteins from decorticated dry beans of V.faba

4.1. Introduction - 87
4.2. Materials and methods - 87
4.3. Results and discussion - 88

Chapter 5 Effects of processings on the proximate composition and antinutritional substances of cotyledonous portion of dry seeds of *Vfaba*

5.1. Introduction - 90
5.2. Materials and methods - 92
5.3. Results and discussion - 93

Chapter 6 Ascorbic acid contents of faba bean fresh entire pods and their parts and effects of storage and processing on the vitamin of this materials

6.1. Introduction - 101
6.2. Materials and methods - 103
6.2.1. Open storage - 103
6.2.2. Wet cloth wrapping storage - 104
6.2.3. Ice cooled storage - 104
6.3. Results and discussion - 105

Chapter 7 Effect of storage on the total phenols of faba bean green entire pods and their parts

7.1. Introduction - 116
7.2. Materials and methods - 117
7.3. Results and discussion - 117

Chapter 8 Summary - 124

Chapter 9 General Discussion - 136

References - 158

Appendices - 176
Appendix I
Publication in refereed journal
Appendix II
Reference of receiving results from Food Safety and Analytical Quality Control Laboratory, CFTRI, Mysore, India
## CONTENTS OF TABLES

### Chapter 1

<table>
<thead>
<tr>
<th>Table</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table 1</td>
<td>Leading faba bean producing countries of the world.</td>
<td>7</td>
</tr>
<tr>
<td>Table 2</td>
<td>Genotypes and seed characters.</td>
<td>37</td>
</tr>
<tr>
<td>Table 3</td>
<td>Interaction effect of seed size on different characters of faba bean (<em>Vicia faba</em> L.) genotypes.</td>
<td>39</td>
</tr>
<tr>
<td>Table 4</td>
<td>Analysis of variance for plant height, no. of branches per plant, days to flowering, no. of pods per plant, pod length, pod weight per plant, no. of seeds per pod, 100 seed weight and grain yield per plant in three locally grown faba bean (<em>Vicia faba</em> L.) genotypes.</td>
<td>40</td>
</tr>
<tr>
<td>Table 5</td>
<td>Price of green entire pods and dry beans of faba bean during last five years in the local markets of Manipur.</td>
<td>45</td>
</tr>
</tbody>
</table>

### Chapter 2

| Table 6 | Physical characters and mass proportions of parts of green entire pods and dry beans of the three genotypes. | 55   |
| Table 7 | Proximate, starch and soluble sugars composition of dry matters of staging beans and pods, decorticated mature beans. | 56   |
| Table 8 | Mineral composition of dry matters of staging beans and pods, decorticated mature beans. | 57   |
| Table 9 | Composition of antinutritional substances of dry matters of staging beans and pods, decorticated mature beans. | 58   |
| Table 10 | Proximate, starch and soluble sugars composition of staging beans and pods, decorticated mature beans. | 61   |
| Table 11 | Mineral composition of staging beans and pods. decorticated mature beans. | 66   |
| Table 12 | Composition of antinutritional substances of staging beans and pods, decorticated mature beans. | 66   |
| Table 13 | Proximate, starch and soluble sugars composition of dry matters of staging entire pods. | 70   |
Table 14. Mineral composition of dry matters of staging entire pods. - 71
Table 15. Composition of antinutritional substances of dry matters of staging entire pods. - 71
Table 16. Proximate, starch and soluble sugars composition of staging entire pods. - 73
Table 17. Mineral composition of staging entire pods - 74
Table 18. Composition of antinutritional substances of staging entire pods. - 74

Chapter 3
Table 19. Data on true proteins and fractionation of seed proteins of decorticated beans. - 82
Table 20. Amino acid composition of decorticated seed proteins of Maru Achoubi-289 and comparison with the suggested FAO/WHO/UNO(1985) pattern of requirement for 2-5 year old child and cow milk protein for essential amino acid(EAA). - 84

Chapter 4
Table 21. Extractability of soluble proteins (albumins + globulins) from faba beans depending upon pH of extracting solution. - 89

Chapter 5
Table 22. Effect of processings on the constituents of faba bean cotyledon. - 94
Table 23. Effect of processings on the antinutritional substances of faba bean cotyledon. - 98

Chapter 6
Table 24. Contents of ascorbic acid of green entire pods and their splitted parts of three local genotypes of Vicia faba of Manipur. - 106
Table 25. Effect of open storage on the ascorbic acid and moisture contents of young and premature entire pods and their parts. - 108
Table 26. Effect of wet cloth wrapping storage on the ascorbic acid of young and premature entire pods and their parts. - 109
Table 27. Effect of ice cooled storage on the ascorbic acid of young and premature entire pods and their parts.

Table 28. Effect of processings on the ascorbic acid of young entire pod and its part.

Chapter 7

Table 29. Effect of open storage on the total phenols of *V. faba* green entire pods (Maru Achoubi-289).

Table 30. Effect of wet cloth wrapping storage on the total phenols of *V. faba* green entire pods (Maru Achoubi-289).

Table 31. Effect of ice cooled storage on the total phenols of *V. faba* green entire pods (Maru Achoubi-289).

Discussion

Table 32. Proximate composition of dry whole seeds of legumes.

Table 33. Proximate composition and mineral composition of green pea, broad beans, cowpea pod and spinach.

Table 34. Comparison of amino acid composition (mg/gN) of seed proteins of faba bean, soya bean and Maru Achoubi-289 (faba bean).

Table 35. Effect of processings on the constituents of proximate composition and antinutritional substances of mature seeds of faba bean.
CONTENTS OF PLATES

Chapter 1

Plate 1. Photographic presentation of plants, flowers, green entire pods and dry bean of the three genotypes. - 43

Plate 2. Selling stocks of green entire pods of faba bean and other vegetables at Nagamapal, Imphal. - 44

CONTENTS OF FIGURES

Discussion

Figure 2. Protein contents of entire pod and their parts at young and premature stages of development of the three genotypes - 138

Figure 3. Protein contents of mature beans and decorticated mature beans of the three genotypes - 138