CONCLUSION
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In India, malnutrition is one of the major problems particularly due the protein deficiency in the diet. Different unconventional sources of food protein can be produced in large quantities at comparatively low cost which will be acceptable to the poor and common people. *B. bengalensis* which is available in abundance in India may be that alternative source.

*B. bengalensis* which is an important food material to the tribal and rural people has been analyzed. Major biochemical components and their nutritional evaluation in different parts of the food part have been addressed in the present study. The present study also revealed the quality of the protein, the lipid part and phospholipid part in an extensive manner by animal model experiment.

The protein quality based on the amino acid composition is also very interesting and important due to the presence of balance amino acid composition and comparable with casein. The species may be an important protein source to tribal people as the species is available in abundance. In the present study the whole protein part including the lipid present in it acts as an anti-atherogenic protein source due to proper balance of amino acids or it may be due to the production of important short peptides during digestion.

The lipid present in the species is also very important due to presence of high amount of phospholipid including phosphatidylcholine, phosphatidyl-
ethanolamine and phosphatidylserine. The phosphatidylserine is not available in common sources of phospholipids and is very important from nutritional point of view. The present study also shows that the lipid present in it can be used as antiatherogenic lipid material and can compete with that of fish oil capsules due to the presence of essential fatty acids including EPA and DHA.

The isolated phospholipids part which is present about 60% of the total lipid has also been produced and animal experiment has been carried out with that of phospholipids. The process of isolation of PL and the product has been filed for Indian patent and in near future the product can be utilized in capsule form for application in medicinal purpose. The phospholipids which are rich in essential fatty acids and PS can be used as therapeutic purpose to control various diseases like atherosclerosis, liver failure, Alzheimer's disease, etc.

The overall investigation has generated a lot more information on the species *B. bengalensis* which is being consumed for a long period of time by tribal and rural people. This study will help the species to popularize as a food material for the common people and different commercial products like isolated phospholipid can also be produced for medicinal purposes.