

STEVIA
(Stevia Rebaudiana)

Stevia hi thlai chikhat, a hnah ei theih a ni a, Sweetleaf, Sugarleaf emaw tiin an ko tlangpui thin. A lo chhuahna bul ber chu South America, Central America leh Mexico ah niin chihrang hrang 240 lai a awm. A tirah chuan thil in chi ho tih thlum nan an hmang ber a. A hnah hi a han ei hian a thlum tha em em a ni. Kum 1950 vel atng khan Paraguay ramah mithiam te chuan Zunthlum (diabetes) natna enkawl nan an lo hmang tan tawh a. Chuta tang chuan a thatna leh tangkainate hrechhuak belh zelin Khawvel hmun hrang hrang an lo ching uarin alo lar ta a ni.

ATANGKAINA :-

1. Kan thisen a sugar awm te a sem rual a.
2. Pancreas a ti chak.
3. Taksa a glucose awm te intluk tlangin a siam.
4. Taksa ah chakna a siam.
5. Blood presure sang tur leh hniam tur aveng.
6. Taksa a tihrawlte a ti mukin a ti chak.
7. Kan taksa a thau awm tam lutuk tur a veng.
8. Rilru ati chak.
9. Heng natna chi hrang hrang, obesity, Hypertension, Ostroporosis te enkawl nan a hman theih a ni.
10. Ha hrisel tak neih theih nan Stevia ei hi a tha bawk.
11. Stevia thlumna hi chini (cane sugar) aiin a let 200 - 300 laiin a thlum zawk bawk.
12. Zunthlum enkawl nan a tha hle bawk a, Japan ramah chuan Stevia hi kum 30 aia tam mah atang khan Zunthlum enkawl nan an lo hmang tawh a. Mihring hriselna ti chhe thei zawnga (side effect) hnathawh a neih loh thu mithiam ten an lo sawi tawh a ni.
13. Taksa tana thatna a ngah em avangin Joint Expert Committee on Food Addition, W.H.O chuan Stevia hi nitin 4mg/kg body weight ei a tha tiin a lo puang bawk.

STEVIA HNAH ATANGA THIL THLUM LAK CHHUAH DAN

Stevia chi hrang hrang (Species) zingah hian Rebaudioside 'A' te hi an thlum ber a, chin atan a tha bawk.

- i) Stevia kungte chu nisaah phoro a, chumi hnuah ruiah chiaah tur a ni.
- ii) Chu stevia chiaahna tuiah chuan 50% Rebaudioside 'A' alo awm ta a ni.
- iii) He Stevia chiaahna tui chu Ethanol, Methanol, Crystallization etc. hmangin thlawrfim/ thlitfim leh tur a ni.
- iv) Heng thlawrfim/ thlitfim anih hnuah Rebaudioside 'A' awlsam taka hman mai theih hi a lo chhuak ta a ni.

STEVIA REBAUDIANA ATANGA SIAM CHHUAH STEVIA CHANCHIN

- i) Stevia atanga thli siam chhuah hi chi hrang hrang tam tak a awm a, damdawi atante, thil intur tih thlum nante, Cosmetics, Wine siam nan te hman a ni.
- ii) Chini ang mai a thlum a ni a, a hman theihna pawh a in ang a, amaherawh chu chini aiin Calorie a hniam fe thung a ni.
- iii) Laboratory-ah zir chuah a nih hnuah mihring taksa tana hlauhawmna (side effect) a awm lo tih hmuh a ni.
- iv) Stevia hi a var lam rawng a ni a, a thlum em em a, a rim a tui a, chini aiah kawng tam taka hman a ni thin.
- v) Stevia hi a chin a awlsam a, hnimhnah zang tak (a ro hnuah) enakwl awlsam tak a ni a. A thar chhuah phurhsawn vel pawh a awlsam a, sum sen a tlem a, Fu chin aiin a let 60 zetin a sum sen a tlem zawk a ni.
- vi) Stevia-ah hian calorie a tlem hle a, chini (cane sugar) ah hian 300 calorie a awm laiin Stevia ah chuan 1 calorie chauh a awm thung a ni.
- vii) Hun rei tak chhung a dahthat theih.
- Viii) Heng thil in chi chi hrang hrang, damdawi, Pickle, toothpaste, Cosmetic, Wine etc. te siamna-ah hian a hman theih bawk.