

Clove oil (*Eugenia caryophyllus*)

Action: Stimulant, antiseptic, stomachic, expectorant, sedative, carminative, antispasmodic, digestive.

Uses: Mouth and tooth infection, flatulence, rheumatic pain, bronchitis, cold.

Eucalyptus oil (*Eucalyptus globus*)

Action: Decongestant.

Uses: Internally: Mixtures, inhalations, lozenges. Externally: In ointments and liniments.

Chamomile (*Matricaria chamomilla*)

Action: Antiseptic, anxiolytic, digestive, disinfectant, carminative antipyretic.

Uses: Insomnia, headache, migraine, facial neuralgia, sinusitis, dermatitis, acne, eczema, abscesses, boils, amenorrhea, pre-menstrual tension, cystitis, colic, loss of appetite.

Sandal wood (*Santalum album*)

Action: Calming action on dry skin, aphrodisiac.

Uses: For dry and chapped skin.

Rose oil (*Rosa damascena*)

Action: Cardio tonic, resolvent, anti-inflammatory.

Uses: In perfumery, palpitation, inflammation.

Precautions while using essential oils

Although essential oils are useful for treating a number of ailments you should still take the necessary precautions before using them. For example, you should always perform a skin test before using an essential oil, since everyone is unique and reacts differently to different oils. Body size, age, and sex also make a difference. As for storage, essential oils should always be stored in dark glass bottles away from sunlight.

In our era that is characterized by stressful environments and ever-changing life styles, essential oil aromatherapy offers an optimal answer to the emerging health burden of degenerative diseases. It not only offers therapeutic but also preventative and restorative health benefits, without most of the side effects of modern treatment schedules. Hence aromatherapy with its wide scope and application potential offers a therapeutic solution for not only diseased body systems but also soothes the soul and the spirit, thereby taking care of the stress component that is prominent in many illnesses.



Food fraud is a common issue encountered in the food supply and manufacturing sector. Roughly about 40% of food items that are of high commercial value undergo adulteration in some Asian countries. Milk, honey, olive oil, coconut oil, ghee, spices, essential oils, medicinal oils, tea, etc. are some of them to mention here. Two main reasons are highlighted for food frauds; firstly, food producers crave for higher profit by substituting high quality materials with inferior, inexpensive ones. Secondly, manufacturers struggle to meet high market demands which exceeds limited supply. At times, accidental contamination might occur when using the same production line or storage facilities for food items of similar kinds. All these compelled food manufacturers to confirm the authenticity of their finished products or ascertain the source of origin of ingredients used in their formulations.

Usually, food items with higher commercial values are vulnerable for fraud. Milk is one of those items that has drawn the attention of relevant authorities. According to a nationwide survey conducted some time ago in India, out of 1791 fresh milk samples 1226 were found to be positive for adulteration. Water has been found to be the most common adulterant in milk. There were attempts to substitute milk with starch since both starch and milk are white in appear-

ADDRESSING FOOD FRAUD

A SOCIAL RESPONSIBILITY

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which is produced through a cold pressed extraction process. It is short in supply and high in demand; due to this reason there have been temptations for adulteration practices. Simple blending with refined olive oil, olive pomace oil or other cheaper oils are common types of adulteration. Mixing edible grade coconut oil with inferior coconut paring oil is yet another fraudulent tactic by unscrupulous traders to meet the increasing demand for coconut oil. There were also speculations concerning blending of edible grade coconut oil with waste oil recovered from the sludge of desiccated coconut manufactures. If this were truly happening, it would mean serious health implications in the long run.

Honey is another item very much vulnerable to fraud. Short supply has been the main reason for the higher demand for honey products. Honey commands high commercial value due to its healing power and it being a component of several medicinal preparations. Since there are many different types of honey originating from different

regions, temptation for fraud is possible based on their price differences. There is farm honey, and wild honey; their quality might vary owing to the flower types used or source of geographical origin. For instance, wild honey carries high market premium because its production volume is lower. Even in the case of wild honey, there are quality differences based on the geographical variation. This opens the way for mixing and mislabelling honey products.

Consumers around the world have increasingly become cautious about the quality of food they consume due to speculative reports of food frauds in the social media. Hence, determining the quality and authenticity of food products of high commercial values has become indispensable. Implementing a proper food quality assurance scheme is one of the ways to address this issue. Consumer protection authorities should be given necessary powers to deal with issues on the ground. This can help prevent false descriptions, incorrect labeling, substitution of inferior ingredients, and other forms of adulteration.

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ance. In other instances, leather scrap and melamine were used to substitute protein in milk. Melamine being found in infant milk powder in China was a popular news headline some years ago. There was serious suspicion in medical circles whether melamine in milk was linked to kidney related ailments diagnosed among children in China.

Many cases of adulteration have also been reported for highly priced vegetable oils and fats such as virgin olive oil, cocoa butter, essential oils and dietary supplement oils. Olive oil, for instance, comes in various grades of quality based on the type of olives and process used. There is temptation for fraud in olive oil due to differences in price among the various types of olive oil products. Among them, extra virgin olive oil is a premium-product,