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NET, IAS, State-SET (KSET, WBSET, MPSET, etc.), GATE, CUET, Olympiads etc.: Science and Technology Himalayan Heart Tonic

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Himalayan Red Berry Heart Tonic

1. Himalayan Red Berry (*Crataegus crenulata* (D. Don) M. Roemer, Fam. *Rasaceae*) is endemic to Himalayan hills ranging from 900 to 2400 m altitude. Locally known as Ghingaroo, this dense bushy shrub grows widely in abundance in barren, rocky and dry grasslands. This perennial, deciduous and thorny shrub is commonly known as Indian hawthorn.
2. Presence of bioflavanoids in several species of *Crataegus* is useful in the treatment of disorders of the heart and circulation system especially in case of angina. The fruits of *Crataegus* also have antispasmodic, diuretic, sedative, and vasodilatation properties. The fruits and flowers have hypotensive properties and hence are useful in cases of high blood pressure.
3. Owing to its nutraceutical, pharmaceutical, biotechnological and environmental usage, the Defence Institute of Bio-Energy Research (DIBER) , Haldwani has made a successful attempt in exploitation of this plant species.
4. Modern scientific research has shown that this shrub has potential application for treatment of hypertension patients. Clinical trials on heart patients with hypertension have shown that total flavanoids of *Crataegus* reduce cholesterol level and improve cardiac functions. *Crataegus* leaves are also found useful for antioxidant, immunomodulatory and anti-inflammatory activities.
5. Antioxidants present in berries of hawthorn reduce damage from free radicals.
6. *Crataegus* is identified for environmental benefits as well including soil and water conservation, desertification control and land reclamation in fragile mountain ecosystems. The shrub develops an extensive root system, which holds the soil and helps in reducing soil erosion and landslides.
7. The Discovery of a unique copper-repressing protein in the tuberculosis causing bacterium may pave the way toward new strategies to prevent tuberculosis infection. Earlier, scientists did not know exactly how invading bacterium protect themselves from

copper ions used by the body as a defense against infection. Now they can pursue ways to deactivate the repressor protein, so that tuberculosis can be prevented.

8. A Cloudburst leads to the exact phenomenon one would expect if cloud burst copious and intense rainfall over a small area. It is sometimes also called Rain Gush or Rain Gust. In scientific parlance, cloudbursts are described as devastating convective phenomena producing sudden high-intensity rainfall (< 10 cm per hour) over a small area. *Courtesy: Science Reporter*