



A COLOR THAT COMMUNICATES WITHOUT A WORD – “WHITE”

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INTRODUCTION

The meaning of color white is purity, innocence, wholeness and completeness. It is the color produced by the combination of all the colors of visible spectrum. The color white belongs to ancient history. During the Paleolithic age, the artists used calcite and in chalk in their paintings. Egyptians connected it with their goddess Isis, who only dressed in white linen and hence used to wrap mummies. White was often associated with mother's milk, in Greek mythology. White is the color of the human eye sees when it senses light which contains all the wave lengths of the visible spectrum. Mostly white animals have their color as a form of camouflage in winter such as dove, ivory gull, swans, arctic fox, white pearls produced by mollusk and when talking of its horrifying side it symbolizes ghosts and phantoms in many cultures/civilization. In India, white is worn on various rituals and often associated with sadness especially when somebody dies. Unlike other things, white also plays an important role in our diet. White is associated with the top of the color spectrum and, in Asian medicine, with strengthening to the lungs and large intestines. White fruits and vegetables contain nutrients such as beta-glucans, EGCG, SDG, and lignans that provide powerful immune boosting activity. These nutrients also activate natural killer B and T cells, reduce the risk of colon, breast, and prostate cancers, and balance hormone levels, reducing the risk of hormone-related cancers. White foods are often rich in sulfur and Quercetin. May reduce the risk of cancer and help the body get rid of cancer causing chemicals. e.g. buckwheat, cauliflower, coconut, garlic, green onion, millet, mushrooms, sunflower seeds, tofu, white beans, corn, white eggplant, white radishes.

The color white in many fruits and vegetables is due to the presence of flavonoids. Flavonoids are compounds present in the cytoplasm and plastids. Flavonoids include red or blue anthocyanins and white or yellow compounds such as rutin, quercetin and kaempferol. Foods colored white are supposed to be rich in sulfur and quercetin. For e.g. onion and garlic compounds such as allyl sulfides and sulfoxides that may increase cardiac health and repair tissues in joints. Onion and garlic are the very best source of sulfur which can help prevent cancer. Even eggs fall into the same category.

In a study conducted in Germany in 2008, biochemists outlined how important dietary sulfur for cardiovascular health. It is believed that these foods may increase cardiovascular health by acting as a natural anticoagulant and lowering blood cholesterol. There is also evidence showing that sulfur compounds can also improve cell membrane functions in red blood cells. Further researches



INTERNATIONAL JOURNAL of RESEARCH –GRANTHAALAYAH

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conducted on white pigment that few foods such as soy milk and tofu have been found to reduce hot flash frequency in Peri menopausal and Posts menopausal women , according to a study by research at National Institute Of Health and Nutrition , Tokyo , Japan. Beta-glucan, found in mushrooms, stabilizes and balances the body's immune system by supporting white blood cells. It boosts the immune system and encourages T-cell formation, which defends our body against sickness and disease.

Hence we say , that white may not be a rainbow color, but the benefits of white foods (such as garlic ,onion, mushroom etc.) like lowering risk of cancer and a reduction in blood pressure , fighting against many infections etc. , shouldn't be ignored and hence these foods should be a part of our daily healthy diet.

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