

SESAME

Diversified Uses and Value Addition

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FOREWORD

Sesame is an ancient oilseed crop known to mankind and it was domesticated for its high quality edible oil and confectionery uses. It is a traditional crop of India and enjoys a special status in Indian rituals and culture mentioned in *Vedas* and ancient literature. The oil is primarily used as an edible oil and it is recognized as a health oil around the globe, for its high quality phytosterols that enhance immune system. It is the most common oil used in *Ayurveda* as a carrier oil and therapeutic oil *per se*. Sesame is a common material used in the folklore medical system across the world.

The potential of sesame can be understood by looking into the diversified uses of the plant and the crop. The concomitant development of technologies in other fields, newer applications of the crop provide newer opportunities to sustain the crop. Documenting and popularizing diversified uses will open up the arenas for promoting entrepreneurship. In the light of the export potential of sesame and its products, this publication on “Sesame: Diversified uses and Value addition” is a compilation of recorded uses of sesame. It is a vital crop of small scale farming, and the popularization of its economically diversified uses leads to the sustainable development of the crop and the farmers.

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It is expected that the compilation will serve as a useful source of information on various uses of sesame for the benefit of students, agri-entrepreneurs, pharmaceutical and nutraceutical industry, researchers and extension personnel.

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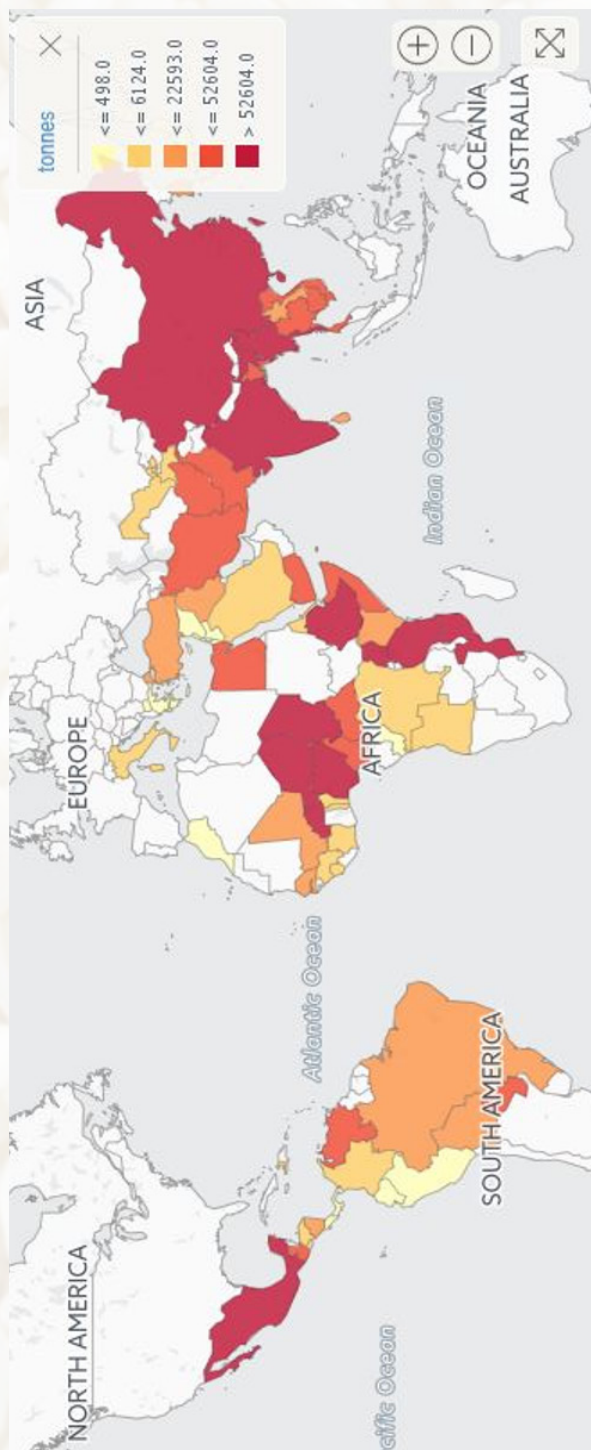


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World sesame production (2018-19)

Source: FAOSTAT