(Srilaksmi, 2002). Green leaves of plants such as spinach are good source of vitamin k. (The Eduational Planning Group, 2007). Leafy vegetables contain an agent called carotene which gets converted in to vitamin A in our body (Rajeswari, 2004). Green leafy vegetables are exceptionally rich sources of β carotene,the natures most potent anioxidant that can inhibit at atherosclerosis and prevent heart disese.they also contain bioactive agents called Phytochemicals (Srilaksmi, 2008). Green leafy vegetables are very rich sources of carotene (Provitamin A) they are good sources of Calcium, Riboflavin, Folic Acid and vitamin C.

Daily consumption of 100 g of leafy vegetables by adults and 50 g by children will provide the daily reqiurement of carotene,folic acid and vitamn c and a part of the calcium and riboflavin requirements.they are the cheapest among the protective foods (Swaminathan, 2010). β carotene, the provitamin A, is important for its antioxidant properties. It is abundant in the colour vegetables and fruits (Elizabeth, 2007). Carotene is present in the dark green leafy vegetables,red and yellow fruits and vegetables except citrus friuits (Jovancy Mathew, 2009). Wilting of vegetables can be an index of loss of pro vitamin A content. (Subbulakshmi and Shoba, 2001). Flavanoids naturally occuring in fresh fruits, vegetables, tea and wine are powerful antioxidants (Rekha Sharma, 2004).

Review of Literature

1. *Amaranthus viridis (Kuppameni Keerai)*

History: It is an annual herb growing 10-80 cm long.Commonly found as green leafy vegetable in indian villages. The villagers used to cook this vegetable as side dish. It is believed to enhance in producing milk, so farmers feed their cows to yield good quality milk.

Nutritional Profile: The leaves are rich in calcium, iron, magnesium and zinc. The plant is good source of vitamin B and C. It possess excellent source of protein. Also contain considerable amount of two fatty acids essential to humans (linoleic and alpha-linolenic)

Medicinal Uses: Leaves of this plant are used to treat eczema,psoriasis,and rashes. In India tribal people use the stem and leaves for snake bite and scorpion stings. In ayurveda the stem is used for the treatment of diabetics, stomach problems, constipation and anaemia.

2. *Ecliptaprostrata (KarisilankanniKeerai)*

History: It grows in rainny season and are found very near to paddy fields. It grows throughout the year every where. Four varieties of eclipta prostrate are seen such as yellow, white, red and blue, but yellow varitey are used for traditional treatment, but other varities of blue and red are not commonly observed in fields. They tend to appear rare.

Nutritional Profile: This plant posess proteins,calcim,phosphorus,iron and other minerals salts

Medicinal Uses: Specially recommended leafy vegetable for jaundice.It protects night blindness and other problems due to its high vitamin A content. It is also good for hair growth. It gives natural color and shining hair. This leafy vegetable is also used for skin problems and scorpion stings. Women undergoing menstrual problems make use of this plant to equalize their irregular periods.

3. *Cissus quadrangularis (Pirandai)*

History: This plant was originated in India and resembles like bones attached with each other. A strange looking wild plant creeper with branches. It grows on fences in forests to a height of 1.5 cms. Mostly seen in dry waste lands too. It requires only less water. The leaves are modified in the form of stem.

Nutritional Profile: It is rich in vitamin C. It is said to have antioxidant activities.

Medicinal Uses: A well known plant used by the traditional bone setters for quick healing of bones.It acts as a pain killer.Cissus quadrangularis is used for diabetes, ulcer, malaria, cholesterol, astma and stomach upset. (Sheela Rani, 2012)

4. *Centella asiacitaca (Vallarai Keerai)*

History: Vallarai is the name given to the plant due to its leaves which resembles the shape of the human brain. It is widely used in indian villages. It acts as a natural brain boosters. Easily grow in places where water is more and preferred in siddhatreatment.

Nutritional Profile: Nitric acid a compound found in this plant have a positive effect onbrain activity.

Medicinal Uses

It strengthen the immune system and delay premature greying of hairs. It also increases memory power. Because of its relaxing effect on brain, it is used to treat depression. The extract of the plant leaves cures infection lkes eczema.

5. *Solanaum nigrum (Manathakali Keerai)*

History: Also called as milagu thakakali.Some people wont feel comfortable due to its bitter taste.it may be available in all seasons.the plant yields fruit in the form of berries or pepper. In villages the plant is grown in fields and easily available in market. The Plant has white flowers and green berries and they turn to purple colour after they ripe.Gravies and vathals are made from manathakali keerai,when it is unripe

Nutritional Profile: It provides a major surces of niacin, riboflavin, protein, fiber, phosphorus, antioxidants and calcium. Vitamin C is the only mineral that is seen in high quantitiy.

Medicinal Uses: The leaves of this plant is good for heart and stomach ulcer.Increases memory power.It puries blood and provide good sleep.It is the best medicine for head ache and skin infections.The fruit of this plant are excellent appetizers.

Conclusion

Incorporation of these leafy vegetables which grows wild in our country side gives good relief from degenerative diseases.So care must be taken to plant these leafy vegetables in cities considering its medicinal value.

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