

**Research**

## External Features of Oil Yielding Plant Sunflower in Indian Subcontinent

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Sunflower (*Helianthus annuus*) is an oil yielding plant available in Indian subcontinent. This plant is used in fields for large production of oil ( Sunflower oil from seeds ). In market now-a-days people are much interested to buy sunflower oil in lieu of mustard oil. Due to less cholesterol and property of unsaturated fatty acid ( lipid ) in daily diet. Doctors also prefers for obese people to replace this oil as cooking media. Healthy plants grow in acres land. For large scale production sunflower field is now fetch money for farmers in India.

Now-a-days people are health conscious. Even in an wayside inn you will visualize that cooking media is Sunflower oil instead of previous mustard oil. Healthy cooking oil accepted in large scale. Due to awareness in media ( T.V and news paper ) all people are more cautious regarding human health. Regular health check up is mandatory in MNC culture. PUFA free sunflower oil is well accepted in society. Heart ailment related to deposition of fat molecule in arteries gradually leads old people ( above 60 ) into the risk of health. Drug dependency starts from 50+ age group.

**Keywords:** *Helianthus annuus* ; Cholesterol; Unsaturated Fatty Acid; Obese

**Introduction**

Sunflower is an annual herb with rough hairy stem 1-4.5 meters ( 3-15 feet ) high and broad , coarsely toothed rough leaves 7.5-30 cm ( 3-12 inches ) long arranged in spirals [1,2]. The attractive heads of flowers are 7.5-15 cm wide in wild specimens and often 30 cm or more in cultivated types [3].

Chrome in petals are very attractive and always face Sun God during day time [4]. 12 hours exposure in Sun helps to grow this flower and bring maturity to collect seeds from flower [5,6]. Oil yielding require man power for production. Large scale production depend

s upon healthy growth of sunflowers in a field. In an industry this oil extraction plant helps to produce large amount of oil which is refined and bottled for marketing in Indian subcontinent. Pale yellow oil helps to reduce blood cholesterol and helps to build less plaque in arteries in human. Lumen of arteries get blocked due to deposition of cholesterol in blood. In many cases high blood pressure is directly related to more cholesterol in blood [7,8].



Figure 1.

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Seeds of nursery Live .Com

Sunflower ( PUFA) oil is free from PUFA .It is an well established theory. But people have to afford to buy from the market to improve health condition [9]. Large scale production require manpower ( farmers ) and good fertilizer and implication of irrigation to pour water two times to hold in soil. Good moisture content of soil only helps to grow such a healthy plant [10].

## Sunflower in a Healthy Environment

It grows in a healthy environment with rich, fertile soil. Growth shows clear ray- florets and disc -florets surrounding peduncle. Nice display to attract bees and butterflies [11,12]. Pluckers of seeds help to get raw material for oil extraction. Oil extraction need purification by different filtration method. Crystal clear oil by ITC helps to capture market for 10% population of India [13]. It requires more cultivation and fund to educate farmers to grow this cash crop in larger scale [14].



Figure 2.

## Materials and Method

In above picture it is clearly visible a single flower with ray florets and disc florets. Yellow chrome is due to presence of Xanthophyll in chromoplastids [15].

Sunflower ( 5'X 5' ) field contains almost 100 plants ,which grows upto 4' and give flower which faces Sun God. Maturity time almost 15-30 days after sowing seeds.( Nursery live.com ). Sunflower seeds are kept in dry paper back packets. This spring time is their ideal time to bloom.

This dicotyledonous stem and plant produce seeds which in turn gives oil after extraction in oil plants. ITC a MNC company marketed this oil in INDIA which is free from cholesterol and does not contain poly unsaturated fatty acids. Human health is primary concern to grow this plants in agricultural field to consume in every family of India ( Flora + Sundrop ).



Figure 3.

## Result

Sunflower is an attractive flower which attracts bees and butterflies to pollinate. Because they fly from one flower to another flower and their appendages with full of pollen mixes in another flower and helps to pollinate and it turns into seeds (Fertilization). Collection of seeds require manpower and large scale industry helps to extract edible cooking oil for human consumption.

## Discussion

Sunflower fields in India helps to produce crop to fetch money in farmer's pocket. Industrialists help to get oil in their plants and bottled for marketing in India.

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