

An In-Depth Exploration of the Nutritional, Medicinal, and Culinary Aspects of Fox Nuts

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Abstract: Fox nuts, also known as "makhana" in South Asia, are the seeds of the *Euryale ferox* plant. These seeds have been a part of traditional diets and Ayurvedic medicine for centuries. This research paper provides a comprehensive review of fox nuts, focusing on their nutritional composition, historical and cultural significance, medicinal properties, and culinary uses. We note the global popularity and emerging trends surrounding fox nuts. This paper aims to provide a thorough understanding of fox nuts' multifaceted importance.

Keywords: Fox nuts.

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