

CHAPTER 7

RECOMMENDATIONS

The present study has revealed that the shoots of *Calamus tenuis* Roxb. is traditionally used by natives of Dibrugarh in various forms of culinary preparations and therapeutic purposes. It was also found that the consumption of shoot cause gastritis and stomach disorder specifically when consumed at night and on empty stomach. The shoots comprises of known beneficial phytoconstituents which have already been reported for many health advantages. The shoot extracts were also found to be cytotoxic. However, it was found that the crude extracts were more toxic to human normal cells than carcinoma cells. Therefore the following are the recommendations that arise from the study:

- Toxicity of *Calamus tenuis* Roxb. edible shoots need to be assessed and proved for its therapeutic value, safety and dosage.
- Purification and molecular identification of phytoconstituents of the shoots need to be done.
- Rigorous investigation on active pure compounds needs to be done against cancer(s) disease to derive to a conclusion for anticancer property of *Calamus tenuis* Roxb. shoots.
- Similar studies can be conducted on fresh edible shoots of the plant to avoid loss of vital phytoconstituents or its beneficial therapeutic properties.
- Investigation of activity of *Calamus tenuis* Roxb. shoots on non-cancerous benign tumors may provide basis for controlling cell proliferation or eradication of such tumors by the process of cytotoxicity.