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Valor Papdi





Synonym

- Gujarati: Surti papdi (સુર્તી પાપડી), Valor (વોલર).
- Hindi: Val papdi (वाल पापड़ी), Sem ki phalli (सेम की फली).
- English: Indian broad beans, Broad beans, Field beans.

Botanical name

- *Lablab purpureus*

Family

- Fabaceae (Leguminosae)

Chemical Constituents

- Rich source of vitamin A, K, C, proteins, folate, iron, magnesium, calcium, and dietary fiber.
- Contains sterols, alkaloids (such as trigonelline), flavonoids (genistein), saponins, glycosides, carbohydrates, and protein.
- Phenolic compounds and antioxidants contribute to health benefits.
- Low calorie and low carb, with only 48 calories per 100g serving.

Therapeutic Uses

- Used to reduce bad cholesterol, boost heart health, and improve brain function.
- Traditionally used to treat poisoning, swelling (anti-inflammatory), digestive issues, and as a diuretic, antipyretic, and stomachic.
- Juice of pods is used for throat and ear inflammation; stems for cholera, vomiting, and diarrhea.
- May help manage blood sugar, promote gastrointestinal health, aid prenatal care due to folic acid, and rejuvenate immunity.

Marketed Preparations

- Widely sold as fresh pods and seeds, frozen beans, powders, and included in Indian recipes like Valor Papdi Nu Shaak, sabzi, and muthia-based dishes.
- Often featured in healthy snacks, farm-fresh packs, and dietary supplements.
- Available for culinary use in curries, stir-fries, and braised vegetables, especially popular in Gujarati and Maharashtrian cuisine.