

PRODUCTION AND EXPORT PERFORMANCE OF NUTMEG IN INDIA

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Abstract

In ancient times, spices were as precious as gold and significant as medicines, preservatives and perfumes. India is the land of spices plays a significant role in the global spices market. None of the country in the world produces as many kinds of spices as India, with quality spices coming from the state of Kerala. India is not only the largest producer but also the largest consumer and exporter of spices in the world. Spices trade is a means of living for a large number of spices growers, spices traders and a source of employment for a large section of rural masses, especially rural women.

1. INTRODUCTION

India occupies a predominant position in the world spices trade. India's contribution to the world spices trade is 44 per cent in quantity and 36 per cent in value. Spices are one of the precious gifts of nature, to the people of India. From time immemorial India is regarded as the legendary land of spices, producing almost all the spices of the world. So spices play an important role in the economy of different regions of the country. Spices trade is a means of living for a large number of spices growers, spices traders and a source of employment for a large section of rural masses, especially rural women.

. The shift in preferences of domestic consumers for food items, increasing urbanization and rising incomes, altered demographic and social factors and the changes in productivity of spices have brought about changes in the pattern of their consumption and demand. India has certain natural comparative advantages with respect to production and utilization of spices; these include diverse agro-climatic production environments, availability of innumerable varieties and cultivars of each spice suitable for different climatic conditions, cheap labour, large domestic market and a strong tradition of using spices and their products in food, medicine and cosmetics. As India is known for the land of spices and has the great

potential to meet the global demand. Looking to all these aspect there is a need to study the growth in area, production and export of nutmeg from India.

2. HISTORY OF NUTMEG

Among Tree spices nutmeg (*Myristica fragrans* Houtt) belonging to the family Myristicaceae is the most important, providing two spices, i.e. the nutmeg (dried seed) and the mace (dried aril covering the seed). Nutmeg is native to the Banda islands of Indonesia. When the Portuguese rounded the Cape of Good Hope in Africa in the late 1400s, they took control of the spice trade because they could transport nutmeg far more cheaply in the hold of a ship than it could be transported by caravan. Soon the Dutch became the predominant traders of this precious spice. At the time, the only source of nutmeg was on Run Island. Because the British also wanted in on the lucrative trade there were many struggles between the British and the Dutch over control of the Island. During the Napoleonic wars, the English finally gained control and proceeded to plant nutmeg trees in Grenada and Zanzibar. This ensured that the British would not lose complete control of the Nutmeg trade should they ever decide to give up the island again. The expansion of nutmeg production also had the effect of making nutmeg accessible to more people at lower prices.

Nutmeg as a spice

Nutmeg tree is slow growing and female tree starts fruiting from the sixth year. The yield increases with age, the most productive period is from 15 to 30 years. Some trees may still be in production at the age of ninety. The graft start fruiting from the third year of planting but good yield are obtained from 6th year onwards. The fruits are ready to harvest in about 9 months after flowering and harvesting continue throughout the year, but June -August is the peak period. Fruits are right and ready for harvest when the pericarp split open. Harvest is done generally by a knife attached to a stick known as bill hook. It is reported that a large tree yields 3000 to 10000 fruits annually. Individual fruits weight on an average of 60 gm of which the seed weight is 6 to 7 gm, 3-5 gm. mace and the rest is pericarp.

3. OBJECTIVES OF THE STUDY

- To analyse the area, production and productivity of nutmeg in India
- To examine the export of nutmeg from India to other countries

4. METHODOLOGY

Secondary data used for the analysis of data

- **Area of study**

The present study is an attempt to evaluate the nutmeg production and export in India.

- **Period of the Study**

The period of the study is from 2010-11 to 2017-18.

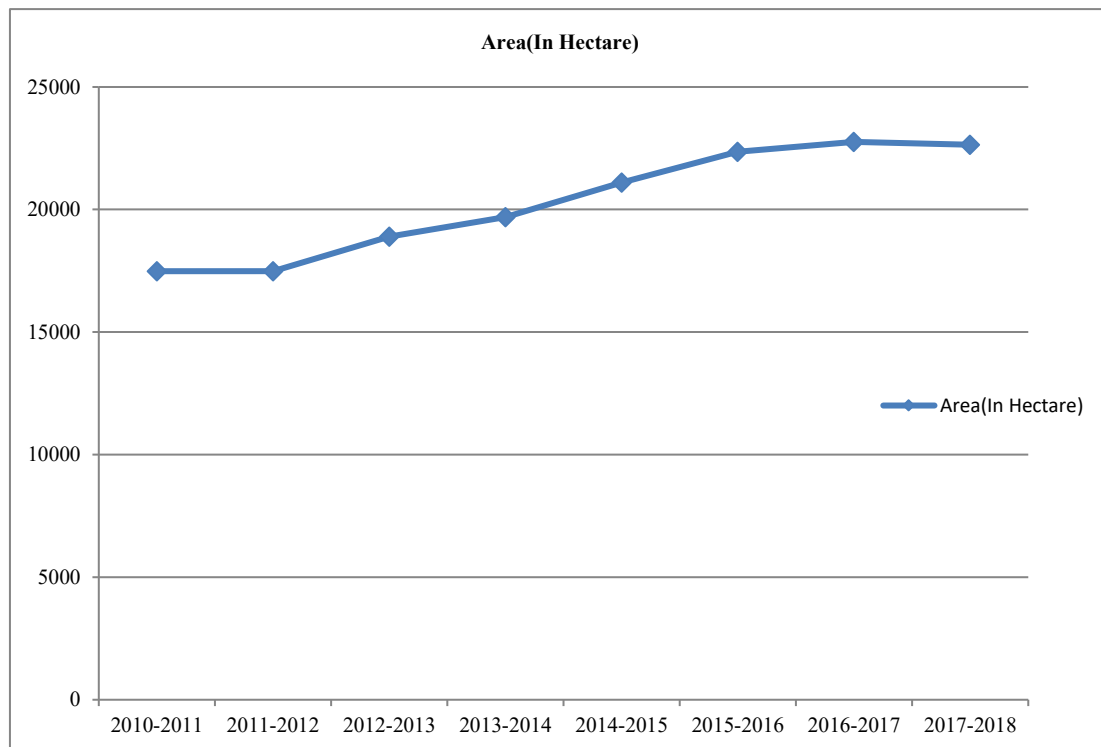
5. DATA ANALYSIS

Table 1: Area, production and productivity of nutmeg in India

Year	Area(In Hectare)	Production(In Tonne)	Productivity(In Kg./Hectare)
2010-2011	17485	12574	719
2011-2012	17490	12621	722
2012-2013	18900	12780	676
2013-2014	19690	13210	671
2014-2015	21110	14400	682
2015-2016	22360	15170	678
2016-2017	22760	14020	616
2017-2018	22640	14060	621

Source: Annual Reports (Spices Board)

The above table shows that the increase in area, production and productivity of nutmeg in India. In 2010-2011, the area under nutmeg cultivation was 17,485 hectare and production was 12,574 tonnes. In 2012-2013, there was an increase in the area and production. The area of nutmeg was continuously increasing during the period of 2014-2015. The year 2015-2016 earmarked a notable increase in the productivity that the country achieved with a highest level of area 22360 hectare with 15170 tonnes. The country met a declining trend in production during 2016-2018.



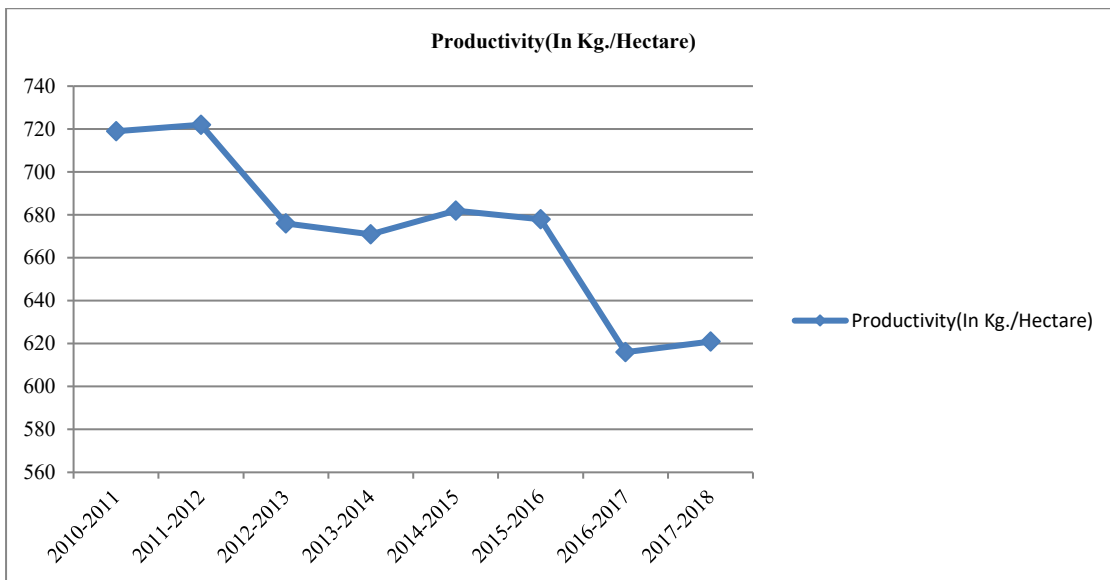
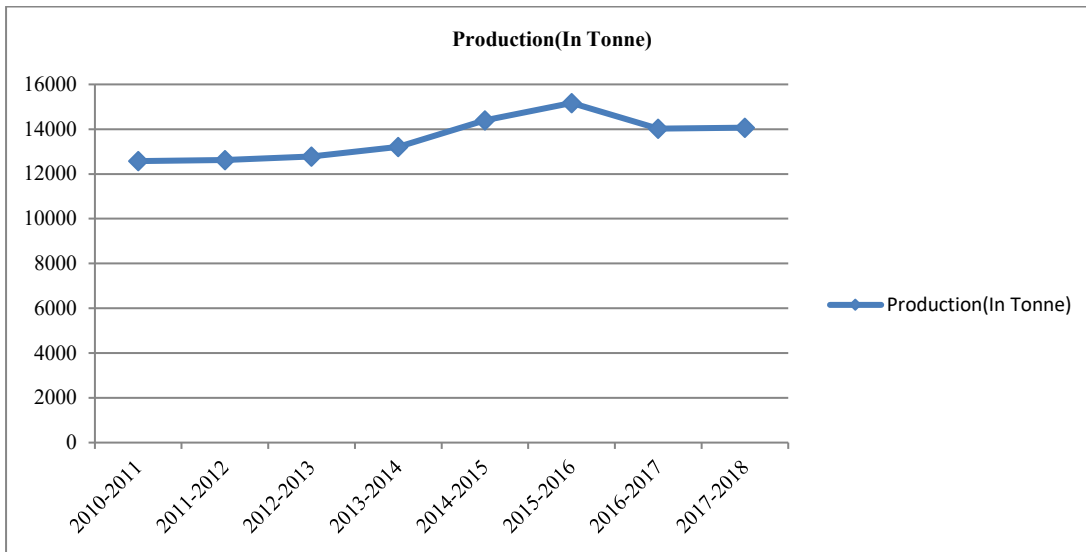


Table 2: Export of Nutmeg from India 2010-11 to 2017-2018

Year	Target		Acheivement	
	Quantity(in Tonnes)	Value(in Lakhs)	Quantity(in Tonnes)	Value(in Lakhs)
2010-2011	2000	5000	2100	9777
2011-2012	2000	10000	3620	24,098
2012-2013	3500	21000	3645	26,095
2013-2014	3000	14250	4,450	26,286
2014-2015	3,000	19500.00	4475	26,797.50
2015-2016	3000	17,250	4050	20,928.25
2016-2017	4500	21,375	5070	23,641.65
2017-2018	4750	22,657.50	5500	22,094.30

Source: Spices Board, Annual Reports

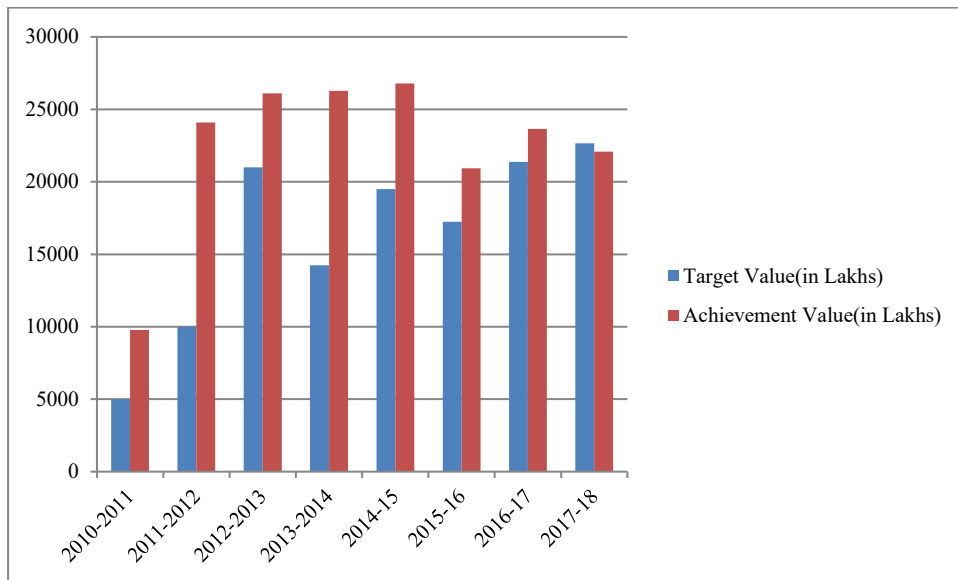
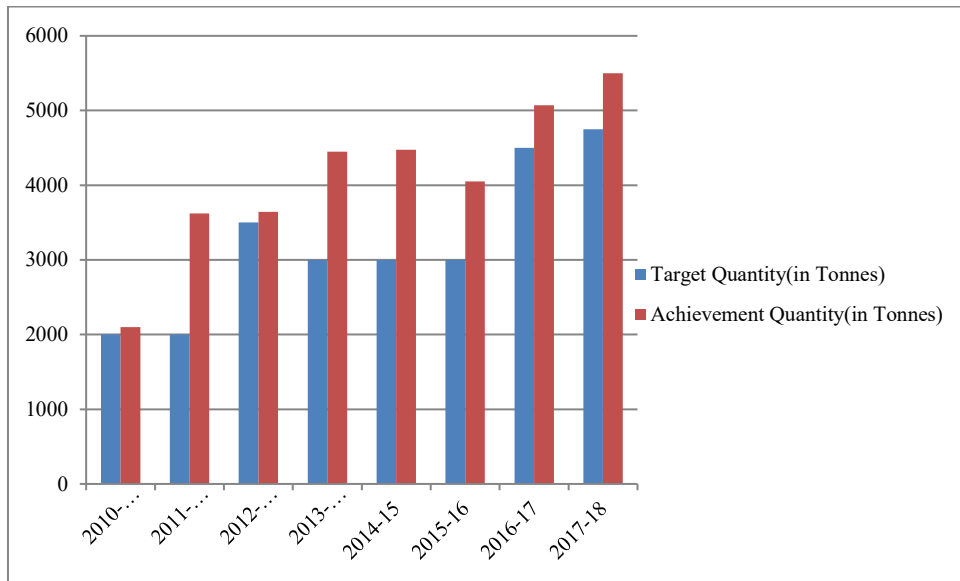


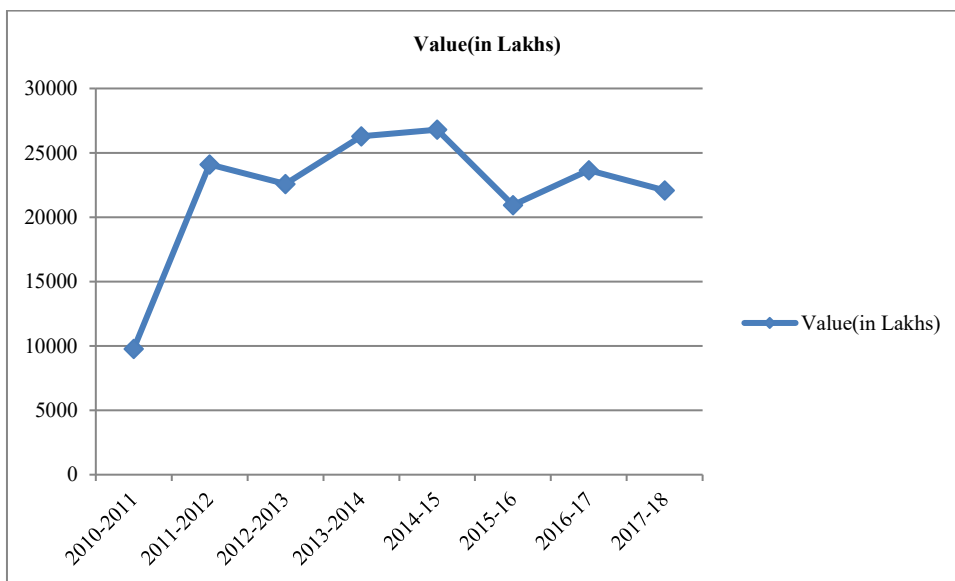
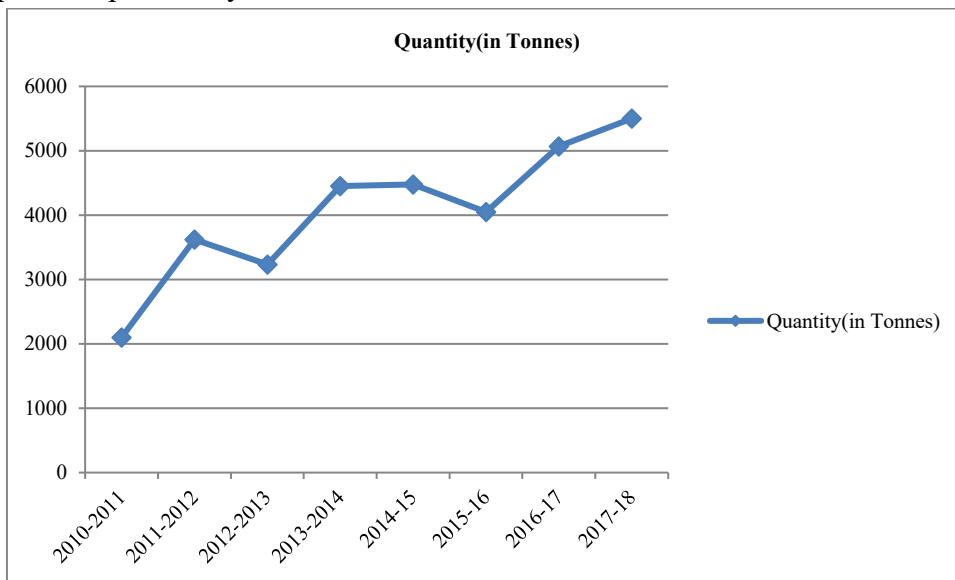
Table:3 Export of Nutmeg from India 2010-2011 to 2017-2018

Year	Quantity(in Tonnes)	Value(in Lakhs)
2010-2011	2100	9,777
2011-2012	3620	24,098
2012-2013	3231	22,592
2013-2014	4,450	26,286
2014-2015	4475	26,797.50
2015-2016	4050	20,928.25
2016-2017	5070	23,641.65
2017-2018	5500	22,094.30

Source: Spices Board

Table 3 shows that during 2013-14, a total of 4,450 tonnes of spices valued 26,286 lakhs has been exported from the country as against 2,100 tonnes valued 9,777 lakhs in 2010-11. During 2014-2015 quantity of nutmeg export was 4,475 tonnes and its value was Rs.26,797.50 lakhs. Nutmeg exported from India was 4,050 tonnes during 2015-2016 and its value was Rs.20,928.25 lakhs. During 2016-2017 quantity of nutmeg exported was 5070 tonnes and its value was Rs.23,641.65 lakhs and during 2017-18 quantity exported was 5,500 tonnes and value was Rs.22,094.30 lakhs. There is a gradual increase and decrease in quantity and in value.

The export of nutmeg from India during the period of 2010-11 to 2017-18 has also exceeded the target in terms of both quantity and value. The export of value added product viz., spice oils and oleoresin and curry powder/paste had also shown increase both in volume and value as compared to previous years.



6. BENEFITS OF NUTMEG

➤ **Brain Tonic**

Nutmeg contains essential oil, called myristicin which help to reduce the degradation of neural pathways and cognitive function that commonly afflicts people with dementia or Alzheimer's disease. It can help eliminate fatigue and stress and stimulate brain functions. Also nutmeg is used to fight depression and anxiety.

➤ **Relives Pain**

Nutmeg is also an effective sedative. Nutmeg contains many essential volatile oils such as myristicin, elemicin, eugenol and safrole. Nutmeg volatile oils possess anti-inflammatory properties that make it advantageous for treating joint and muscle ache. Nutmeg oil can treat inflammation, swelling, joint pain, muscle pain and sores and provide relief to the person.

➤ **Natural Toothpaste**

Nutmeg has antibacterial properties. It contains eugenol, which brings relief from toothache. It also helps in clearing the toxins from liver and kidneys. It prevents bad breath and oral problems.

➤ **Promotes Digestive Health**

The rich fibre content of nutmeg helps to assist the peristaltic movement through the intestinal passageway. It induces the secretion of various gastric and intestinal juices that ease the digestive process. Since fibre can bulk up the bowel movements, it lowers the frequency and discomfort of constipation and other intestinal issues.

➤ **Treats Insomnia**

Nutmeg has a high content of magnesium, an essential mineral in the body that checks nerve tension and anxiety pangs, and even stimulates the release of serotonin which creates a feeling of relaxation or sedation. This serotonin is changed to melatonin in the brain, which acts as a sleep inducer, relieving people with insomnia and restlessness at night. Nutmeg also has trace elements of narcotics, a small amount of which can help release various neurotransmitters which in turn helps induce relaxation and sleep.

➤ **Blood Pressure and Circulation**

Copper is an important nutrient in nutmegs which helps to balance the blood pressure and consequently helps in the maintenance of heart rate. Potassium, present in nutmegs, is a vasodilator, which relaxes blood vessels, hence reducing blood pressure and lowering the strain on the cardiovascular system.

➤ **Gorgeous Skin**

Nutmeg is a good component for skincare because of its anti-microbial and anti-inflammatory properties. It also acts as a potential remedy for blackheads, treatment of acne and clogged pores. Its anti-bacterial and analgesic properties help in reducing wrinkles, fine lines and other signs of aging.

➤ **Anti-oxidant properties**

Nutmegs have antioxidant properties that are very beneficial in smooth functioning of the body. They provide antioxidants that prevent free radical formation, which otherwise is capable of triggering unwanted reactions in the body. These reactions may lead to many serious compound formations in the body and may even turn out to be cancerous.

➤ **Oral Health**

Nutmeg contains active antibacterial components that help to fight conditions like halitosis, also known as bad breath. It kills the bacteria that causes this bad breath condition and generally boosts the immunity of gums and teeth, thus improving the oral health. This is why nutmeg and its extracts are commonly used in toothpastes and mouthwashes, particularly in organic or herbal varieties.

7. CONCLUSION

India has been the world's most favourite spice land since the beginning of civilization. The intrinsic quality of Indian spices makes them distinctively superior to those elsewhere in terms of taste, flavour, aroma and texture. India is the leading exporter of nutmeg in the world. In 2016, the country's earnings from nutmeg exports were \$107 million. The nation is one of the largest producers of the crop worldwide, with the Angamali -Kalady belt in Kerala being the main cultivation area. Large-scale production also takes place in Tamil Nadu State, while farmers in Karnataka and the southern part of Maharashtra grow the crop in smaller quantities. However, the volume produced in India is not sufficient for local consumption and export hence the country imports the spice from other nations to cater for the demand. Countries that export nutmeg to India include Indonesia, Sri Lanka, and Singapore.

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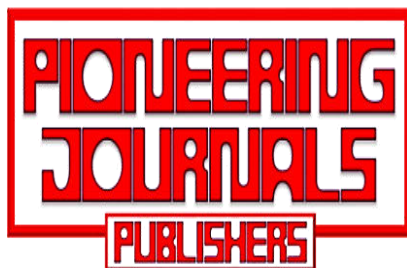
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