Economic Importance of Okra

- Fruits are cooked in various ways.
- The roots and stems are used for clearing the cane juice from which *gur* or brown sugar is prepared.
- The ripe seeds are used as substitute for coffee in Turkey.
- It is much useful against genito-urinary disorders and chronic dysentery.
- Galactomanan in the seeds is used for gum preparation which has several medicinal value.