

عنوان مقاله:

A review of the effects of Capsicum annum L. and its constituent, capsaicin, in metabolic syndrome

محل انتشار:

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خلاصه مقاله:

Objective(s): Metabolic syndrome, a coexisting of high blood glucose, obesity, dyslipidemia and hypertension, is an important risk factor for cardiovascular disease occurrence and mortality. Recently, there is a rising demand for herbal drugs which have less adverse effects and have shown more beneficial effects in comparison with synthetic options. Red pepper, with the scientific name of Capsicum annum, belongs to the Solanaceae family. The lipid-lowering, antihypertensive, antidiabetic and anti-obesity effects of C. annum have been demonstrated in several studies. Materials and Methods: In this review, we summarized different animal and human studies on the effect of red pepper and capsaicin on different components of metabolic syndrome which are risk factors for cardiovascular diseases (CVDs). Results: According to these studies, red pepper as well as capsaicin has ability to control of metabolic syndrome and its related disorders such as obesity, disrupted lipid profile, diabetes and its complications. Conclusion: Red pepper has beneficial effects on metabolic syndrome and can decrease the risk of mortality due to cardiovascular diseases, but still more research projects need to be done and confirm its advantageous especially in humans.

کلمات کلیدی:

Capsicum annum, Cardiovascular Disease, Diabetes, Dyslipidemia, Hypertension, metabolic syndrome, Obesity, Red pepper

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