

عنوان مقاله:

Antioxidant and Anti-inflammatory Effects of Artichoke or Cynara Scolymus L. as Promising Potential Therapeutic in Anemia

محل انتشار:

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خلاصه مقاله:

Artichoke (*Cynara scolymus* L.) is a perennial plant native to the southern Mediterranean region of North Africa. Today, artichokes are widely grown around the world and buds of artichokes are used as a vegetable all over the world. This plant is widely used in the traditional medicine. Artichoke has antioxidant and anti-inflammatory effects, and countless medicinal properties. Artichoke inhibits reactive oxygen species (ROS) and free radicals due to phenolic acids and flavonoid compounds and also suppresses the activation pathway of NF- κ B, thereby could reduce oxidative stresses, inflammatory factors, and prevent suppressing red blood cells probably. It has also been suggested for traditional medicine including blood purification, so it can be used for anemia treatment.

کلمات کلیدی:

Artichoke, *Cynara Scolymus* L., Anemia, Oxidative stress, Inflammatory

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