

عنوان مقاله:

Inhibitory effects of Ficus carica and Olea europaea on pro-inflammatory cytokines: A review

محل انتشار:

مجله علوم پایه پزشکی ایران، دوره 25، شماره 3 (سال: 1401)

تعداد صفحات اصل مقاله: 8

نویسندگان:

Lotfollah Rezagholizadeh - *Department of Biochemistry, School of Medicine, Ardabil University of Medical Sciences, Ardabil, Iran*

Maryam Aghamohammadian - *School of Medicine, Ardabil University of Medical Sciences, Ardabil, Iran*

Mahya Oloumi - *School of Medicine, Ardabil University of Medical Sciences, Ardabil, Iran*

Shokofeh Banaei - *Department of Physiology, School of Medicine, Ardabil University of Medical Sciences, Ardabil, Iran*

Mohammad Mazani - *Department of Biochemistry, School of Medicine, Ardabil University of Medical Sciences, Ardabil, Iran*

Masoud Ojarudi - *Department of Biochemistry, Faculty of Sciences, Payame Noor University, Tehran, Iran*

خلاصه مقاله:

Objective(s): Ficus carica (fig) and Olea europaea (olive) are valuable nutritional plants that are widely used in diet and traditional medicine. Different parts of the plants such as fruit and leaves contain beneficial compounds with diverse pharmacological properties, among which anti-inflammatory activities are remarkable. The purpose of this review is to discuss the anti-inflammatory effects of F. carica and O. europaea with emphasis on their impact on pivotal pro-inflammatory cytokines including IL-1, IL-6, and TNF- α . Materials and Methods: To prepare the present review, the sites utilized included Scopus, PubMed, Science Direct, and Google Scholar and studied relevant articles from 2000 until 2021. Results: As a result, we observed that most of the compounds in fig and olive including polyphenols, flavonoids, etc., exert their anti-inflammatory effects through inhibiting or decreasing pro-inflammatory cytokines. Moreover, some natural antioxidants are common between these two plants. Conclusion: We suggest that consuming figs and olives simultaneously or alone can be useful in the prevention or treatment of inflammatory diseases.

کلمات کلیدی:

Cytokine, Ficus carica, Inflammation, Olea europaea, TNF- α

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/1422342>



