

Saffron as anti-inflammatory agent in human health

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Saffron (*Crocus sativus L.*) is an iridaceous plant and grows mainly in Iran, Spain, Kashmir (India and Pakistan), Greece, Azerbaijan, China, Morocco, Mexico, Libya, Turkey and Austria. The main components of saffron are crocin, crocetin, safranal. Crocin is a water-soluble yellow and active component in *Crocus sativus L.* together with safranal. In addition, saffron includes protein, sugar, vitamins, flavonoids, amino acids, vital minerals and other chemical components. Although saffron also includes more than 150 volatile and aromatic compounds such as zeaxanthin, lycopene, α - and β -carotene, its golden and orange color is derived from the α -crocin. Scientific studies on saffron are concentrated in the USA and worldwide. In a new placebo-controlled study conducted in

the United States, it was determined that individuals who consumed 176.5 mg of saffron per day, gave up 55% of the unhealthy snacks, lost weight, and this was achieved due to the appetite regulation property of saffron. It was predicted that obesity could be prevented by consumption of saffron. It was also reported to benefit all organs and health problems including bronchitis, asthma, coughing, nervous system, teeth and gums, heart health and eyes. Due to its antioxidant properties as well as hypolipidemic, anti-inflammatory and anti-carcinogenic effects, saffron are also used as a natural agent in traditional medicine for the treatment of diseases.

Biography

Zeliha Selamoglu is a Professor in Medical Biology department at Ömer Halisdemir University, Turkey. She completed her PhD in Biology at Inonu University. She has published over 70 peer reviewed journal articles with over 500 citations and many technical reports. She is a member of Society for Experimental Biology and Medicine. She has served as an Editorial Board Member of many journals.

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