



Quenching thirst by consuming purslane in the holy month of Ramadan

Purslane is introduced as the best food of the future, because it has many nutritious compounds and antioxidant properties.

Purslane is one of the rich sources of antioxidants and fatty acids. Consuming purslane quenches heat and is also very useful for quenching and preventing thirst in Ramadan. It is better to use syrup containing purslane eggs or purslane vegetables during Iftar and Suhr meals.

Consuming purslane relieves dryness, warmth and heat and relieves pain caused by heat and warmth in the body. And it is effective in treating disorders and inflammations of the urinary tract.

Studies show that in the areas where this plant is consumed, low prevalence of cancer and heart disease have been reported, which is probably due to the presence of omega-3 fatty acids in purslane.

Purslane is a rich source of antioxidants such as vitamins A, B1, B2, C, E, beta-carotene and essential amino acids. Also, this plant is a rich source of minerals such as calcium, iron, phosphorus, copper and potassium.

References:

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