



Reducing thirst in the holy month of Ramadan by Descurainia Sophia

One of the plants that are more or less recommended to improve the digestive condition of people in this holy month is Descurainia Sophia, which is a one-year or two-year herbaceous plant with a dark night smell.

Descurainia Sophia has a special place in traditional medicine and is effective in quenching thirst and preventing heatstroke in the summer season. Fenugreek is one of those foods that quench thirst and is the best drink in Ramadan to reduce thirst. One of the most important functions of Descurainia Sophia in Ramadan is its diuretic properties.

During the month of Ramadan, the kidneys are disturbed due to dehydration. Descurainia Sophia strengthens the kidneys, increases urination and removes toxins from the body. This also helps to cool down the body.

In the month of Ramadan, due to the lack of water in the body, the skin will suffer from dryness and inflammation. Descurainia Sophia is rich in omega-3 and plays an important role in the brightness and freshness of the skin. Also, by increasing the oxygen of the skin, sorghum stimulates the skin cells and increases the production of fibroblasts.

Descurainia Sophia has been used since ancient times and its best use is due to its antiseptic properties and is useful for intestinal problems such as diarrhea or even constipation.

Extensive therapeutic effects such as expectorant, stimulating and invigorating, softening and heart strengthening and anti-parasitic effects have been mentioned for this plant.

References:

Barnes J, Anderson LA, Phillipson J D. Herbal Medicines. Pharmaceutical Press 2007; 176-213 Williams GM, Iatropoulos MJ, Whysner J. Safety assessment of butylated hydroxyanisole and butylated hydroxytoluene as antioxidant food additives. Food Chem Toxicol 1999; 37: 1027-38.