



Cardoon, a spring herb with countless healing properties

Spring is full of youth. Artichoke is one of the fresh fruits of the spring season, which has many healing properties. Cardoon is a vegetable with prickly leaves and thick stalks similar to celery, which are used in cooking soups, stews and even raw in salads.

This plant is known as an important food and medicinal plant. Its aerial parts and seeds have strong antioxidant properties. Its flowers, leaves, seeds, roots and stems are used for food and medicine.

This plant has a hot and dry nature and for this reason it is also eaten with yogurt. It is also recommended for those people who are hot-tempered. In addition, artichoke is a rich source of potassium.

This plant is antiseptic, appetizing, antipyretic and digestive, and its consumption strengthens the digestive system. Its most important nutritional value is related to its low calories. Also, the large amount of dietary fiber and the presence of a complex carbohydrate called inulin cause this spring vegetable to help maintain the health of the digestive system, especially the intestines.

The low amount of sodium and high potassium present in this plant and the presence of the effective substance cynarin, which has been proven to reduce blood cholesterol and triglycerides, make this spring vegetable a suitable food for preventing or controlling cardiovascular diseases.

In traditional medicine, the properties of artichoke have been considered useful for reducing blood fats, especially cholesterol. The research shows that the methanolic extract of the aerial parts and seeds of this plant has significant antioxidant properties and the polyphenolic content of the plant seeds is higher than its aerial parts, as a result, the antioxidant properties of the seeds are higher than other parts. It has been confirmed from a research about the protective effects of hepatocytes and its beneficial effects in the treatment of liver diseases. Of course, the high concentration of the hydroalcoholic extract of this plant has a toxic effect on the liver.

This plant has effects such as anti-aggregation of blood platelets (blood thinning), anti-nausea, and anti-flatulence, expectorant and laxative.

It is better for pregnant women, children, and patients with severe liver or kidney disease to avoid consuming its leaves.

Since the leaves of this plant stimulate the contraction of the gallbladder. People with gallstones should not consume it; because increasing the contraction of the gallbladder leads to blockage of the ducts and even rupture of the gallbladder.

Also, people who are allergic to this plant or the properties of cynarin should avoid using this plant.

References:

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