

Artichoke (*Cynara scolymus*)

Written by Administrator

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Studies have shown that blood cholesterol levels dropped after eating artichoke. An anticholesterol drug called cynara is derived from this plant. In 1940, a study in Japan showed that artichoke not only reduced cholesterol but it also increased bile production by the liver and worked as a good diuretic. This make artichoke useful for gallbladder problems, nausea, indigestion, and abdominal distension. It has been found that globe artichoke contains the extract cymarin, which is similar to silymarin. Researchers discovered that this extract promotes liver regeneration and causes hyperaemia. It was also found that an artichoke extract caused dyspeptic symptoms to disappear. The researchers interpreted the reduction in cholinesterase levels to mean that the extract effected fatty degeneration of the liver. In 1969 a team of French researchers patented an artichoke extract as a treatment for kidney and liver ailments. Although the leaves are particularly effective, all parts of the plant are bitter. A Mediterranean home recipe uses fresh artichoke leaf juice mixed with wine or water as a liver tonic. It is also taken during the early stages of late-onset diabetes. It is a good food for diabetics, since it significantly lowers blood sugar. In France it has been used to treat rheumatic conditions.