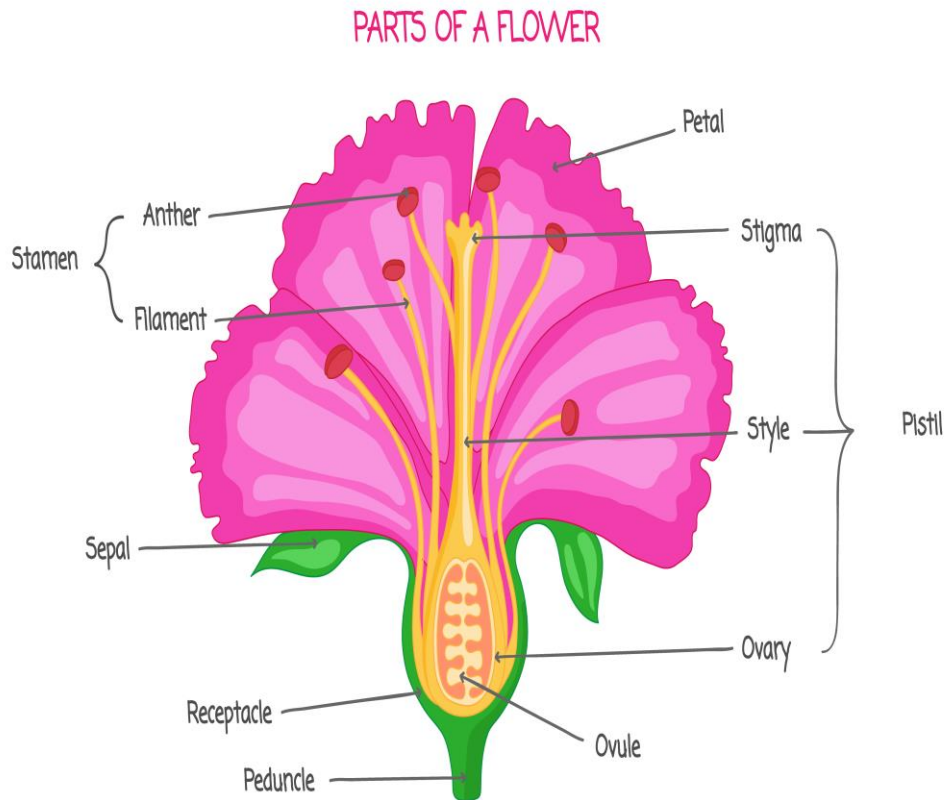




10th Grade

Hibiscus flower

What is Hibiscus?



Hibiscus, also known as **Hibiscus sabdariffa** or **roselle**, is a type of flowering plant native to India and Malaysia.

Hibiscus grows in tropical and subtropical regions, including China, Thailand, Sudan, Nigeria, and Mexico. The flowers, seeds, leaves, and stems are all used for culinary, cosmetic, and medicinal preparations.

Nutrients and compounds

The nutrients and compounds in hibiscus vary among the different parts of the plant

Raw hibiscus contains some carbohydrates, calcium, magnesium, potassium, vitamin C, and B vitamins. Hibiscus tea tends to be lower in nutrients but still offers many beneficial compounds

Hibiscus contains anthocyanins, which are pigments that give the flowers their vibrant red color. It also has flavonoids, phenolic acids, and organic acids. Many of these compounds act as antioxidants. Antioxidants help protect your body from reactive molecules called free radicals, which can cause cellular damage known as oxidative stress. Oxidative stress is thought to contribute to chronic conditions such as high blood pressure, cancers, diabetes, and heart disease.

In folk and traditional medicines, hibiscus is used to lower blood pressure, stimulate diuretic effects, reduce high cholesterol, and more.

Benefits and uses

1) **Blood pressure**

Several human trials have found that hibiscus beverages and supplements can decrease blood pressure.

A study in 46 adults with high blood pressure found that drinking 2 cups (474 mL) of hibiscus tea daily for 1 month combined with lifestyle and dietary changes reduced blood pressure significantly more than lifestyle and diet changes alone

Other studies have found that hibiscus extracts may be as effective as pharmaceutical medications for high blood pressure. However, more research is needed.

Benefits and uses

2) Obesity

Hibiscus may help with weight loss and protect against obesity

Research in animals suggests that hibiscus extracts may help prevent fat cells from accumulating. This could prevent complications sometimes seen with obesity, such as fatty liver and insulin resistance

The fiber in certain preparations of hibiscus may also help prevent weight gain

One study in rats found that adding ground hibiscus to animal feed reduced body weight, body fat, and pro-inflammatory compounds in fat tissue

Still, studies in humans are necessary to better understand the potential anti-obesity effects of hibiscus.

Benefits and uses

3) Metabolic syndrome

Metabolic syndrome is a cluster of risk factors, including high blood sugar, high blood triglycerides, low HDL (good) cholesterol levels, and excess body fat. These factors can increase the risk of developing conditions such as heart disease and diabetes.

A small study in 16 older women with metabolic syndrome found that drinking hibiscus tea twice daily for 21 days significantly reduced blood pressure, blood triglycerides, and fasting blood sugar compared with placebo.

In another study in 40 adults with metabolic syndrome, those who took hibiscus powder once daily for 4 weeks experienced significant decreases in blood triglycerides and systolic blood pressure compared with a placebo group.

Dosage and side effects

Drinking hibiscus tea in moderate amounts is generally considered safe. The safety of other preparations, such as extracts, capsules, and powders, is not well known.

Some research indicates that prolonged use of high doses of hibiscus extract may cause liver injury. Hibiscus could also interact with certain medications

Those who are pregnant or breastfeeding should not drink hibiscus tea or take hibiscus supplements due to a lack of evidence on the safety of the plant in these populations

In addition, hibiscus has been shown to reduce high blood pressure and blood sugar. Therefore, people with high blood pressure or diabetes who are taking medications should speak with a healthcare professional before trying it.