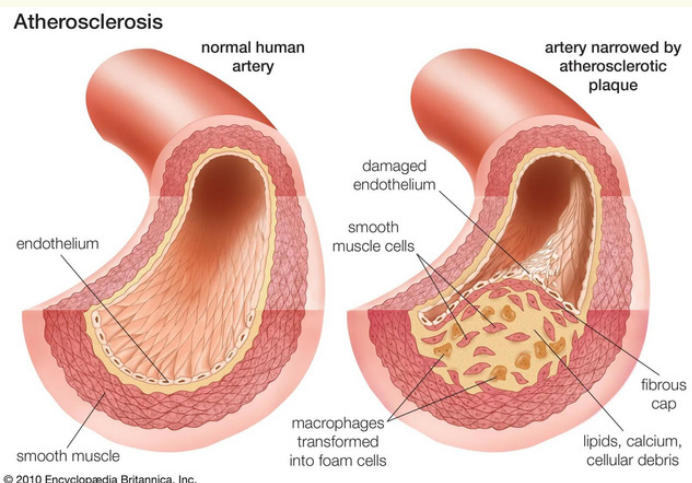


ATHEROSCLEROSIS



SCAN ME

Is a condition characterized by the build-up of plaque in the arteries, which can eventually lead to blockages and reduced blood flow



RISK FACTOR

- High cholesterol levels 
- High blood pressure 
- Smoking 
- Diabetes 
- Obesity 

1.pomegranate



ACTIVE CONSTITUENT

- 1.Punicalagins
- 2.Ellagic Acid
- 3.Anthocyanins
- 4.Flavonoids (quercetin, kaempferol, luteolin)
- 5.Fatty Acids (oleic acid , linoleic acid)

MECHANISM OF ACTION

- Antioxidant Activity
- Anti-inflammatory Effects
- Lipid-Lowering
- Endothelial Protection



SIDE EFFECT AND CONTRAINDICATION

- Allergic Reactions
- Interaction with Medications
- Blood Pressure Effects
- Gastrointestinal Upset
- Interference with Kidney Function

2.Turmeric

MAIN ACTIVE CONSTITUENTS

curcuminoids
volatile oils:
p-cymene
limonene
eugenol



MECHANISM OF ACTION

Turmeric exerts anti atherosclerosis activity mainly by antioxidant activity, and decreased susceptibility of LDL to lipid peroxidation, in addition to lower plasma cholesterol and triglyceride levels.

OTHER MEDICINAL USES OF THE PLANTS

- immunity booster
- skin healing properties
- boosts digestion and soothes the stomach lining
- reduce blood sugar and associated complications in type 2 diabetes
- reduce the inflammation of joints

SIDE EFFECT AND CONTRAINDICATION

- Avoid use during pregnancy
- In case of gallstones or any biliary disease
- interact with certain medications. (ibuprofen, aspirin, and indomethacin.)
- increase the risk of bleeding in individuals having warfarin