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An overview on saffron usage in traditional medicine

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In folklore medicine saffron has been reputed to be useful in the treatment of numerous human diseases. Assyrians and Babylonians used saffron in treatments for dyspnea, problems of head, menstruation, delivery and painful urination. Many nations have used saffron to cure numerous diseases. The ancient Persians, Egyptians and Medieval Europeans used saffron as an aphrodisiac, lumbar pain remedy, a general-use antidote against poisoning, a treatment for dysentery and measles. Also, it has been used to cure pre-eclampsia, inflammation, wounds and abscesses. Saffron has been used as an herbal remedy for various ailments including cancer by the ancient Arabian, Indian, and Chinese cultures. Ancient texts on Ayurveda have information regarding the herb's use

as an aphrodisiac. It is largely used as an indigenous medicine across India. Saffron is also a well-known traditional Chinese medicine and is used to stimulate blood flow and relieve pain by removing stagnated blood. Saffron is traditionally used against cramps, asthma and bronchospasms, menstruation disorders, liver disease and pain. A major use, however, was the application as a stimulant, aphrodisiac and antidepressant. In Iranian folk medicine saffron is used as bitter, stimulant, fragrant, tonic, aphrodisiac, stomachic, antispasmodic, emmenagogue, diuretic, anticancer, laxative, galactagogue, and is useful in bronchitis, cephalalgia, pharyngoplasty, vomiting, fever, epilepsy, inflammations, skin diseases, septic inflammations, and stimulation of circulation.

Biography

Khosro Shafaghi has completed his PhD in 2014 in community nutrition in Universiti Putra Malaysia. He started his career as a lecturer in Kashan University of Medical Sciences in 1990. He also has been lecturer in Gonabad University of Medical Sciences since 2000. His current research interest is on overweight/obesity and dietary patterns in adolescents. He has presented his research studies in national, regional, and international conferences and has published his papers in reputed journals.

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