

Article Id
AL04334

MEDICINAL PROPERTIES OF *Salvia hispanica* SEEDS

Email

¹Ashish Sheera and ^{2,3}Nashra Aftab*

nashraaftab60@gmail.com

¹College of Agriculture, SKN Agriculture University, Dholpur, 328 001, Rajasthan, India

²Seed Quality Lab, Genetics & Plant Breeding Division, CSIR-Central Institute of Medicinal and Aromatic Plants, Lucknow, 226015, Uttar Pradesh, India

³Academy of Scientific and Innovative Research (AcSIR), Ghaziabad, 201002, Uttar Pradesh, India

The plant known as chia (*Salvia hispanica* L.), which belongs to the Lamiaceae or Labiatae family, can thrive in arid, tropical, and moderate temperatures. It is indigenous to Mesoamerica and was grown alongside maize, beans and amaranth as one of the primary crops by pre-Columbian people. This seed, which is actually a fruit, was utilised as a food supplement and medicinal by the Mayans and Aztecs. But because of its deep ties to native religious rituals, chia cultivation was forgotten following the Spanish conquest. A number of studies showing the high nutritional and nutraceutical benefits of chia have recently rekindled interest in the crop.

In addition to containing significant quantities of dietary fibre (18–30%), proteins (15–25%), vitamins, minerals, and antioxidants like kaempferol, quercetin, rosmarinic, and caffeic acids, chia seeds are also a major plant source of α -linolenic fatty acid (around 60% of the oil) (Ayerza and Coates, 2006; Police et al., 2020). Chia, on the other hand, has less than 2 mg of ascorbic acid per 100 g, making it a poor source of vitamin C. On the other hand, new research has rekindled interest in chia seeds by revealing its remarkable nutritional and nutraceutical benefits (Baginsky et al., 2016).

The Nutritional Powerhouse

Salvia seeds are a nutritional treasure trove, not just a garnish. Packed with vital nutrients, such as fibre, protein, antioxidants, omega-3 fatty acids, vitamins, and minerals, each small seed provides a concentrated dose of goodness.

- **Gut Health and Digestive Bliss**

Rich in nutritional fibre, salvia seeds aid in digestion and support intestinal health. When combined with liquids, the soluble fibre in them creates a gel-like substance that assists with digestion, constipation prevention, and bowel regularity maintenance.

- **Heart Health Warriors**

Salvia seeds are a powerful ally against cardiovascular disorders because of their high content of omega-3 fatty acids. These heart-healthy fats help lower blood pressure, cholesterol, and improve heart health overall, which lowers the risk of heart disease and stroke.

- **Blood Sugar Regulation**

For those who struggle with blood sugar control, salvia seeds provide a natural remedy. Chia seeds are a useful supplement for diabetics and others trying to maintain healthy glucose levels because studies suggest that including them in the diet may help stabilize blood sugar levels.

- **Weight Management Support**

Having trouble controlling your weight? You only need to look at salvia seeds. These small seeds, which are high in protein and fiber, help you feel full and satisfied, which reduces cravings and helps you lose weight.

- **Antioxidant Arsenal**

Salvia seeds are a great source of antioxidants, including as flavonoids, quercetin, and chlorogenic acid, which help the body fight oxidative stress and eliminate dangerous free radicals. This antioxidant power helps prevent chronic illnesses and early aging in addition to promoting general health.

- **Bone Health Boosters**

Salvia seeds are a great source of calcium, magnesium, and phosphorus, three elements that are vital for strong bones and the prevention of osteoporosis. Including these seeds in your diet can help you have strong, healthy bones for the rest of your life.

- **Hydration Heroes**

Salvia seeds produce a gel-like material that helps with hydration and extends fluid retention when they are soaked in water or other liquids. They are the perfect option for athletes and energetic people looking for prolonged energy and endurance because of their special hydration feature.

Conclusion

With an abundance of health advantages crammed into their small size, salvia seeds shine out amid the vast array of superfoods. From heart health to blood sugar control, weight control to digestive health, these little powerhouses provide an abundance of nutrition and energy. Accept the benefits of salvia seeds and discover the keys to a happy, healthier self.

References

- Ayerza, R., Coates, W. (2011) Protein content, oil content and fatty acid profiles as potential criteria to determine the origin of commercially grown chia (*Salvia hispanica* L.). *Ind Crop Prod* 34:1366–1371.
- Baginsky C, Arenas J, Escobar H, Garrido M, Valero N, Tello D, Pizarro L, Valenzuela A, Morale L, Silva H (2016) Growth and yield of chia (*Salvia hispanica* L.) in the Mediterranean and desert climates of Chile. *Chil J Agric Res* 76:255–264.
- Police Patil, A. S., Ambrish, G., Reddy, S. B. and Reddy, B. S. (2020) Importance of Chia (*Salvia hispanica*) Cultivation in Indian Agriculture. *Vigyan Varta* 1 (6): 17-19