

# ***Pharmacognosy***

PHG 112  
PG 102

*Associate Professor Dr Soumaya Saad Zaghloul*

*Associate Professor Dr Mahitab Helmy*

*Dr. Ibrahim Ezz*

**Spring 2024**



# Faculty of **Pharmacy**

# Lecture 6



**By the end of the lecture, students should be able to demonstrate knowledge of:**

- **Nutraceutical and cosmeceutical fruits**



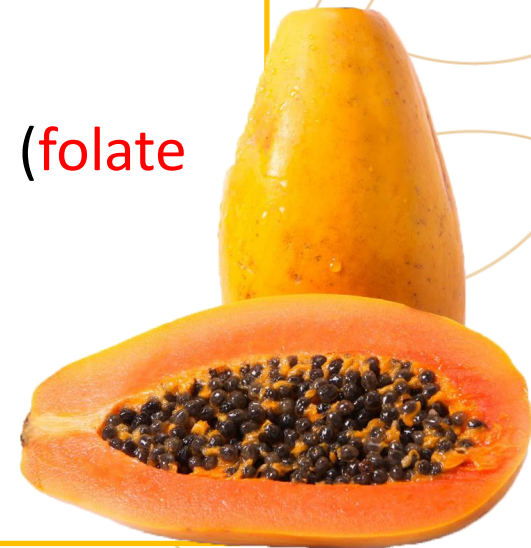
# Papaya Fruit

“Fruit of Angels”



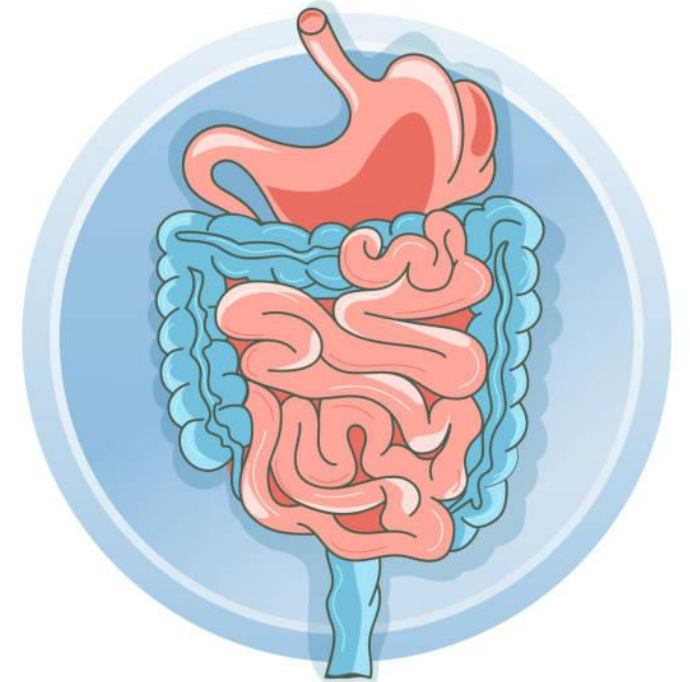
## Active constituents

- 🍌 Papaya leaves contain **tannins**, **saponins**, **alkaloids**, and **flavonoids**; while shoots contain various minerals like **Ca**, **Fe**, **Mg**, **K**, **Zn**, **Mn** etc.
- 🍌 **Enzymes** are present in the unripe fruit and latex such as **papain** and **chymopapain**. Fruit also contains **carotenoids**; **β carotene**
- 🍌 **Papaya oil** is found in **seeds** and also contains **flavonoids**, **kaemferol**, and **myricetin**.
- 🍌 Papaya is possibly rich in **vitamin C**, **A**, **E**, as well as some **B vitamins** (**folate** and **pantothenic acid**).



### Aids in Digestion

Papayas are commonly consumed for proper digestion. The presence of **papain**, a digestive super enzyme, improves digestion by **breaking down proteins and also cleanses the digestive tract.** This ensures a reduced conversion of protein into body fat.

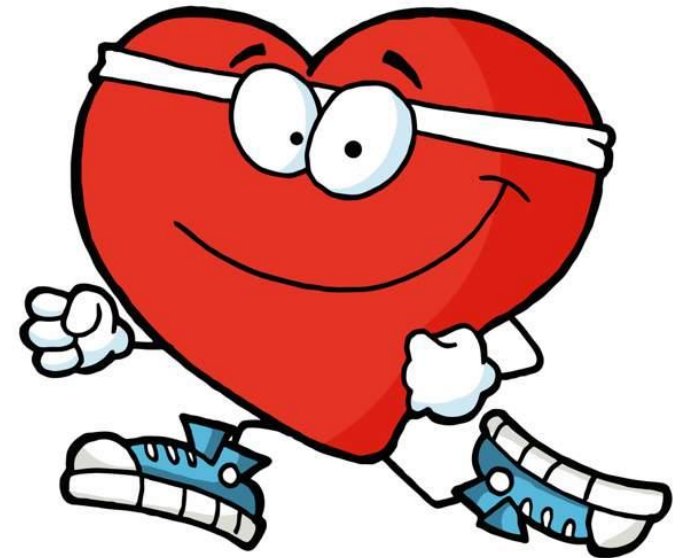


## Uses

### Improves Heart Health

The [seeds](#) of papayas are [good](#) for a healthy heart. Having three powerful antioxidant vitamins, namely [vitamin A](#), C, and E, means papayas are helpful in preventing problems such as [atherosclerosis](#) and diabetic heart diseases.

The presence of pro-carotenoid phytonutrients as well as vitamins helps prevent oxidization of cholesterol in the body. When oxidation of cholesterol takes place, it sticks to the walls of the blood vessels and forms plaque that can lead to heart attacks and strokes.





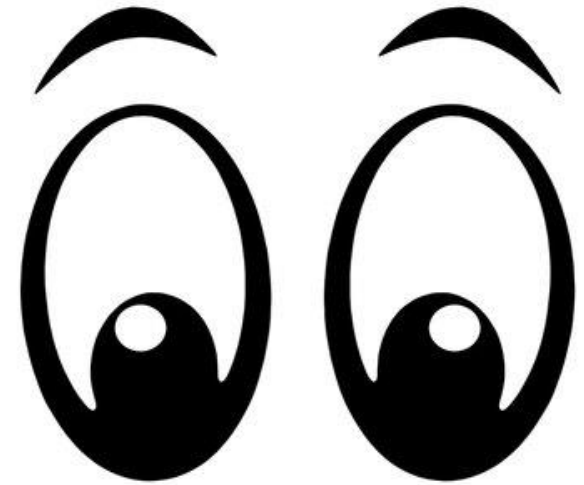
## Uses

### Treats Macular Degeneration

Macular degeneration is a disease of the eye. In this condition, the ocular cells degenerate, which results in blurred vision and can cause blindness as well.

This is an age-related illness and adding papayas to the diet is beneficial for reducing the risk of developing macular degeneration.

Just as [carrots](#) help improve the eyesight due to the presence of beta-carotene, papayas are also known to be effective in reducing the effect of macular degeneration.



# Uses

## Skin care

Papayas can be great revitalizing agents, which is why they are used in many cosmetics.

Also, papayas are used in homemade face masks by many women. The papain in them kills dead cells and purifies the skin. The beneficial properties and the [healing](#) enzymes present in papaya help treat [sunburn](#) and irritated skin.

The peels of papayas are also used to rub on the face and hands for healthy skin.

Papayas are also used to treat skin [disorders](#) like [eczema](#), [psoriasis](#), etc.



# Uses

## Other uses:

- 🍌 Relieves toothache
- 🍌 Anticancer properties
- 🍌 Anti-inflammatory effect
- 🍌 Treats constipation



# Market preparations:





# Lychee Fruit

“Alligator Strawberry”

## Active constituents

- ❁ Lychee is packed with health benefits and they come from the vitamins, minerals, and nutrients in the fruit, including **vitamin C**, **vitamin B6**, **niacin**, **riboflavin**, **folate**, **copper**, **potassium**, **phosphorus**, **magnesium**, and **manganese**.
- ❁ Furthermore, lychee is a great source of **dietary fiber**, **protein**, and a good source of **proanthocyanidins** and **polyphenolic compounds** such as; **Litchitannin A2**.

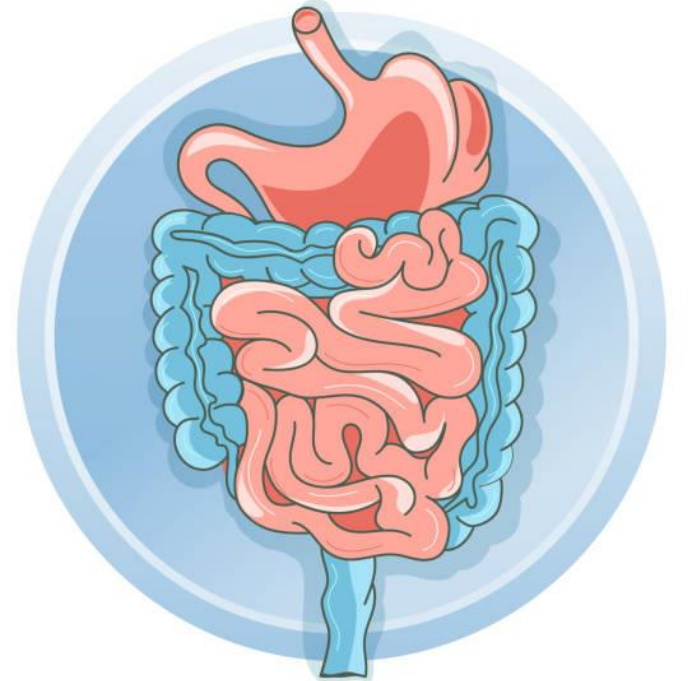


## Uses:

### Aids in Digestion

The significant amount of dietary fiber in lychee helps add bulk to the stool and increases digestive health. This helps bowel movements move through the digestive tract smoothly, and fiber also stimulates peristaltic motion of the smooth small intestine muscles, increasing the speed of [food](#) passing.

It also stimulates gastric and digestive juices, so the absorption of nutrients is efficient. This can reduce [constipation](#) and other gastrointestinal disorders.

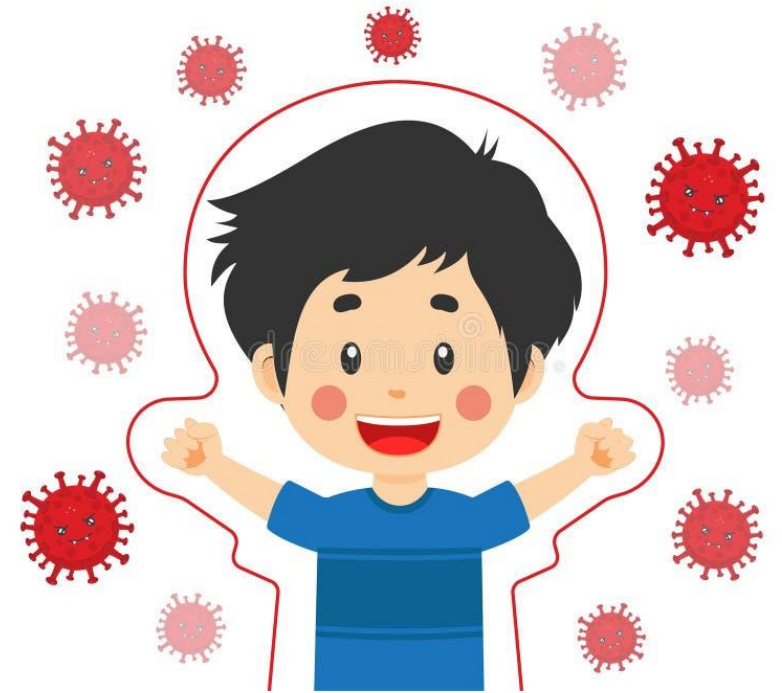


## Uses:

### Boosts Immunity

Perhaps the most significant nutrient in lychee is vitamin C, and this fruit has more than 100% of the daily requirement of ascorbic acid in a single serving.

This means that the immune system gets a major boost, as vitamin C is a major antioxidant compound and is known to stimulate the activity of white blood cells, which are the main defensive line of the body's immune system.





## Uses:

### Antiviral

The proanthocyanidins in lychee have been studied extensively, and they have also demonstrated antiviral capabilities.

Litchitannin A2 has been closely connected to preventing the spread or outbreak of viruses, including herpes simplex virus and coxsackievirus.



## Uses:

### Controls Blood Pressure

Lychee has a wealth of potassium, meaning that it can help the body maintain a fluid balance, which is an integral part not only of metabolic functions but also in hypertension it is also low in [sodium](#).

Potassium is considered to be a vasodilator, meaning that it reduces the constriction of blood vessels and arteries, thereby lowering the [stress](#) on the cardiovascular system.

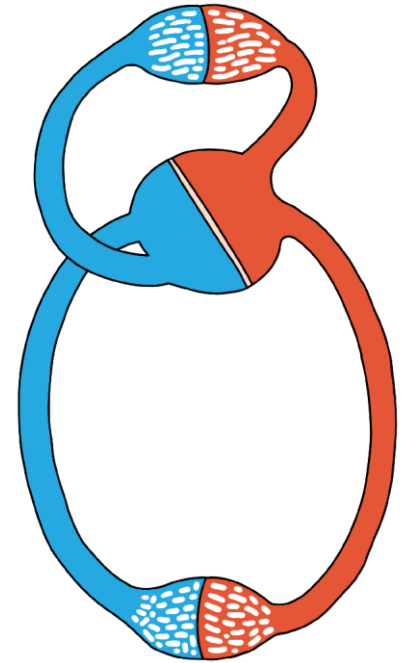
Potassium levels are almost three times higher in dried lychee rather than in fresh lychee!



## Uses:

### Improves Blood Circulation

Copper is another essential mineral found in considerable quantities in lychee, and although [iron](#) is most commonly associated with red blood cells, copper is also an integral part of RBC formation. Therefore, the copper content in lychee can boost blood circulation and increase oxygenation of the organs and cells.



# Market preparations:



# Avocado Fruit

“Alligator Pear”



## Active constituents

- 🥑 Avocados are considered a “superfood” and are possibly rich in various nutrients, vitamins, and minerals. They are also a good source of healthy monounsaturated fatty acids and dietary fibers.
- 🥑 Perhaps most importantly, avocados have a unique collection of organic compounds like phytosterols, carotenoids, and flavonoids.
- 🥑 Avocados contain minerals including Ca, Fe, Mg, K, copper, manganese, phosphorus, and zinc.
- 🥑 They also have high levels of vitamin A, K, C, E, B6, thiamin, riboflavin, and niacin (vitamins B1, B2, B3, respectively).



## Uses:

### Relieve Arthritis Pain

The possibly anti-inflammatory properties of avocados are perhaps its most valuable attribute. Between the wide range of phytochemicals, flavonoids, carotenoids, phytosterols, fatty alcohols, and omega-3 fatty acids it contains, avocados are one of the best foods for reducing inflammation in tissues, joints, and muscles.



## Uses:

### Hepatoprotective

The chemicals contained in avocados appear to be very good at reducing liver damage and improving liver health.

Avocados may play a major role in toning up and protecting the liver from a wide variety of conditions.





## Uses:

### Vitamin K Deficiency

Vitamin K deficiency is not very common but may be seen in neonatal care. It may lead to a bleeding disorder known as vitamin K deficiency-related bleeding (VKDB).

This occurs mostly due to an insufficient intake of vitamin K by the mother during pregnancy. The inclusion of avocado in the diet of a pregnant woman may help in lowering the risk of VKDB in the newborn child



## Uses:

### Skin and Hair Care

Avocados are added to a variety of cosmetics due to their ability to nourish the skin with essential vitamins and make it glow. It is also used for nourishing dry and damaged hair. Many people use avocados to prepare skin and hair masks.

Above all, avocado oil provides relief from plaque psoriasis. Beta-carotene and lycopene have been connected to improving the health and tone of your skin and eliminating signs of premature aging.

Research shows that lutein and zeaxanthin may decrease signs of the aging process by protecting the skin from damage from UV rays and radiation as well as their antioxidant properties.



# Market preparation:



# Lemon Fruit

“Citrus fruit”



## Citrus waste products



**10 Million Tons / Year**

# Citrus waste products



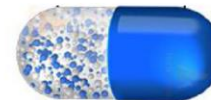
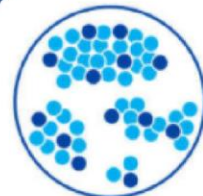
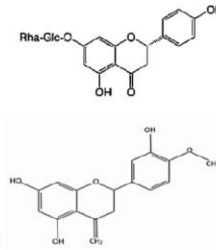
Citrus Fruit Waste



Food Uses



Food Additive



Prebiotics

Edible Packaging Material

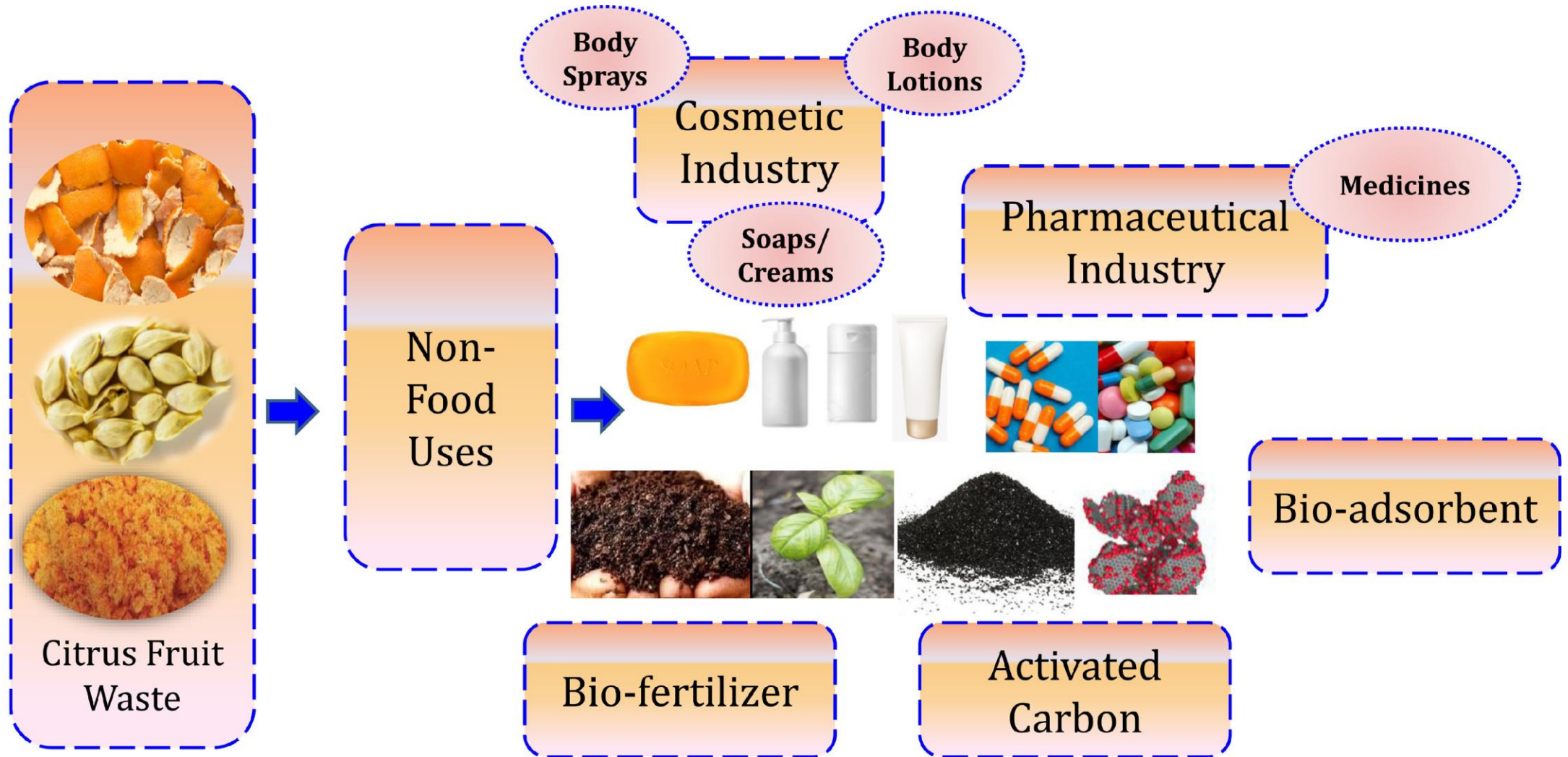
Source of Bioactive Compounds



Substrate for Mushroom Production

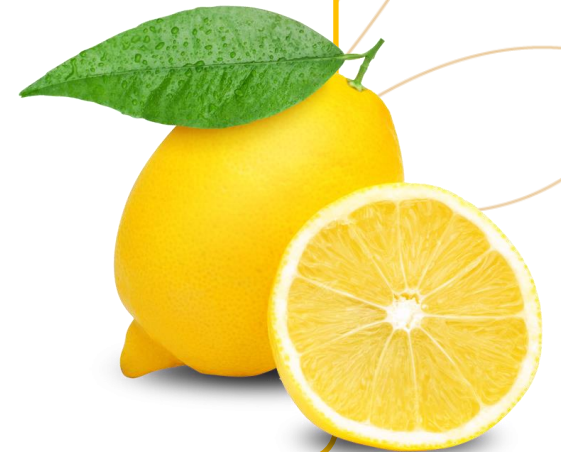
Encapsulating Agent

# Citrus waste products



## Active constituents

- 🍋 The most important group of bioactive compounds in both C. limon waste products and its juice, determining their biological activity, are flavonoids such as; hesperidin and quercetin, and phenolic acids such as; sinapic and ferulic acids.
- 🍋 There are also essential oil with limonene as a major component, coumarin compounds, carboxylic acids, carbohydrates, as well as a complex of B vitamins, and, importantly, vitamin C (ascorbic acid).



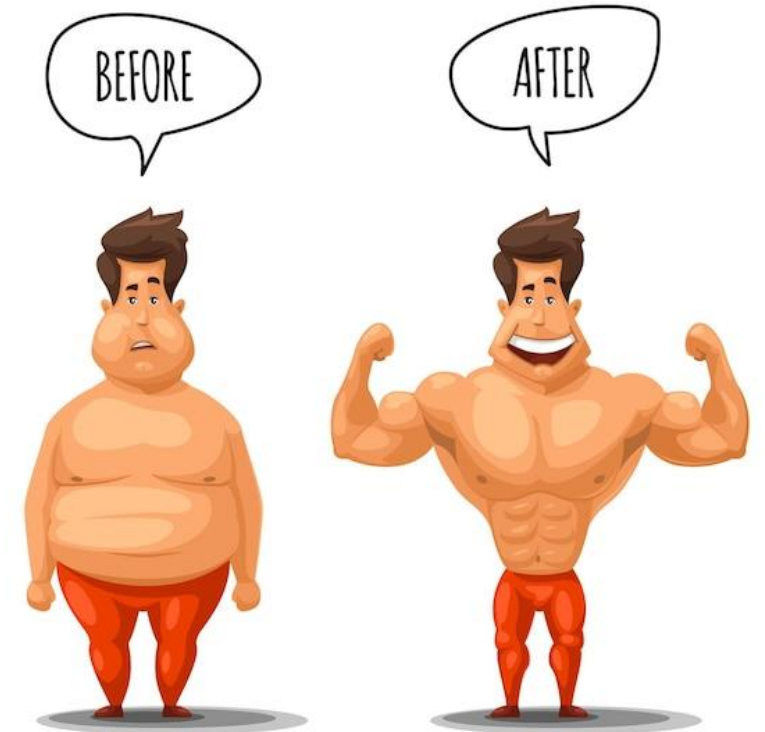


## Uses:

### Weight Loss

Drinking warm water with lemon and [honey](#) in the morning is said to aid weight loss efforts. While that might or might not work for everyone, a [research](#) study performed on mice confirmed that polyphenols present in it can **suppress body weight gain and body fat accumulation.**

This could have positive implications for lemon juice drinks in human weight loss. Lemon honey juice [fasting](#) (LHJF) might also be considered as a natural remedy for reducing weight.



## Uses:

### Skin Care Agent

Lemon juice, being **a natural antiseptic medicine**, may also be able to cure problems related to the skin.

The juice contains **vitamin C**, and therefore, it can be applied to **reduce the pain** of **sunburns** and bee stings as well. It is also good for **acne** and **eczema**.

Citrus juices like lemon juice act as an **anti-aging** remedy and may reduce **wrinkles and blackheads** too.



# Market preparations:





IN EGYPT SINCE 1996  
Established by Dr.Nawal El Degwi  
October University for Modern Sciences and Arts  
جامعة أكتوبر للعلوم الحديثة والآداب

# Thank You!

**THE FIRST BRITISH HIGHER EDUCATION IN EGYPT**

26th July Mehwar Road Intersection with Wahat Road, 6th of October City, Egypt  
Tel: 00238371113 Postal code: 12451 Email: [info@msa.edu.eg](mailto:info@msa.edu.eg)  
Hotline: 16672 Website: [www.msa.edu.eg](http://www.msa.edu.eg)