



Clinical Trials and Research of Saffron

Effects of Saffron Extract and its Constituents Crocin on Cardio

Contents

1. Saffron in Phytotherapy: Pharmacology and clinical uses

Wiener Medizinische Wochenschrift (WMW) 2007; 157: 315-319

25. Cardiovascular effects of Saffron: an evidence-based review (The Journal of Tehran University Heart Center)

Accepted 28. Mar. 2011

1. Saffron in Phytotherapy: Pharmacology and clinical uses

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[Published: July 2007](#)

Wien Med Wochenschr 157, 315 (2007). <https://doi.org/10.1007/s10354-007-0428-4>

Summary:

Saffron (stigmata of *Crocus sativus* L.) has been used for medicinal purposes for millenaries. Throughout history, uses against cancer and depressive mood can regularly be identified. These applications have also been in the focus of modern research. Promising and selective anti-cancer effects have been observed in vitro and in vivo, but not yet in clinical trials. Antidepressant effects were found in vivo and in clinical pilot studies. Saffron extracts thus have the potential to make a major contribution to rational phytotherapy.

25. Cardiovascular effects of Saffron

an evidence-based review (The Journal of Tehran University Heart Center)

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- [Accepted 28. Mar. 2011](#)
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ABSTRACT

Objective:

Saffron as a natural product has long been used to impede and treat different disorders including cardiovascular disease (CVDs). Stigma is the most principal part of saffron. Various compounds such as carotenoids and flavonoids are the essential components of saffron stigma. The health benefits of saffron have been shown in previous studies; however, there is a lack of comprehensive data on the mechanistic aspects of its cardiovascular-health properties. This current comprehensive review focuses on the medicinal applications of saffron, and then the new findings regarding its cardiovascular-health effects and various cellular and molecular mechanisms of action will be debated.

Methods:

The literature search of MEDLINE, Embase, PubMed, Google Scholar and Cochrane Library was performed for all comparative studies since 2000–2018 with the limitations of the English language.

Results:

The results provided new evidence about antioxidant, anti-inflammatory, anti-atherogenic, antiapoptotic, anti-hypertensive, and hypolipidemic effects of saffron. Pharmacological effects of saffron are due to a number of ingredients contained within this spice, including safranal, crocetin and crocins.

Conclusions:

Our study concludes that saffron with wide range of usefulness in medicine may be the potent candidate in the process of new drug production for the treatment of CVDs.
