

Colorants in plants can prevent inflammation

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Previous studies have shown that diet affects inflammation in the body. And inflammation is considered to be one of the factors involved in many types of coronary artery disease including angina and myocardial infarction.

" A significant number of patients who have suffered from myocardial infarction still have chronic inflammation at low levels, even after effective treatment of drug revascularization, or lifestyle changes. " Lena Jonasson - Church Professor of Medical Science and cardiologist said in a press release.

Other studies have examined the relationship between carotenoids, a fat-soluble natural pigment group in plants with inflammatory diseases. Previous studies have shown that carotenoid levels are inversely correlated with inflammatory signs in the body.



In a recent Swedish study, researchers measured six of the most common carotenoid levels in the blood from 193 patients with coronary artery disease, along with the level of inflammation in the blood using the technology of interleukin inflammation. -6 or IL-6.

Researchers have discovered a new substance called lutein, similar to carotenoids that are associated with IL-6. Specifically, if the lutein concentration is higher, the IL-6 level is lower.

"Our study confirms that a lutein can prevent long-term inflammatory disease in patients with coronary artery disease," said Rosanna Chung, a graduate student at the University of Linkoping's Department of Medicine. "We have also shown that lutein vegetable pigments are absorbed into the body, stored by the immune system cells in the blood."

Moreover, the researchers collected cells of the immune system from the blood of patients with coronary artery disease and found that the inflammatory activity of the cells was significantly lower when the body contained a lot of lutein.

This study has just been published in Arterial Mortar.

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