

# Effect of saffron pistil with health and beauty

Saffron pistil is very important for health and beauty. So what is the effect of saffron pistil? Refer to this article to get the most satisfactory answer.

Although the price is quite expensive, but the saffron pistil, also known as saffron, still has a special attraction for consumers in many different countries including Vietnam.

The reason is because, this food is very important for health and beauty. So what is the **effect of saffron pistil** ? Refer to this article to get the most satisfactory answer.



## Effect of saffron flower pistil on health

Considered a "red gold" for people in Western Asia and the Mediterranean region. Saffron pistil is not only economically meaningful but above all it has great health benefits. Some effects must be mentioned as:

### **Prevent the formation and development of cancer cells**

In a study from 1994 to 2014, scientists demonstrated that the crocin, crocetin, picrocrocin, and safranal compounds present in saffron are both promising in the prevention and support of cancer treatment.

These compounds can inhibit the growth of malignant tumors so that they do not spread to healthy cells, while helping to absorb cancer drugs.

### **Support for treatment of dementia and depression**

Compounds that make up saffron such as flavonoids, tannins, anthocyanins, alkaloids and saponins work to balance neurotransmitters in the brain. Especially balanced serotonin - a major cause of depression.



### **Good for cardiovascular health**

The substances Riboflavin, Croceti and some other important vitamins in saffron pistil can regulate blood cholesterol, anti-atherosclerosis, and lower blood pressure.

In addition, with anti-oxidant anti-inflammatory properties, saffron also helps arteries and blood vessels to function and reduce stress for the cardiovascular system.

However, you should note that, saffron only works for people who do not have cardiovascular diseases. When it comes to related problems, it is best not to use saffron.



### **Improve eyesight**

A large amount of crocin in saffron pistil helps to circulate blood to the retina and membranes. This helps support the treatment of neuropathy and cleanses free radicals that damage the macula.

Pre-Vitamin A substances like alpha carotene and beta carotene in saffron are also quite nutritious to the eyes, making visual cells more flexible.

In addition, there are Carotenoids in the saffron pistil such as zeaxanthine and flavomoid that help slow the aging process of the retina.

### **Improve the digestive system**

Carotenoid compounds in the composition of saffron pistil have been shown to play a great role in promoting digestive system, supporting the treatment of stomach ulcers, colon .

## **Effect of saffron pistil on beauty**

### **Smooth skin all color**

Tyrosinase is a substance that synthesizes melanin pigment. However, in the saffron pistil, it works to inhibit the activity of the enzyme that helps protect your skin from the damage caused by UVB radiation, thereby nourishing the skin more smoothly.

### **Effective dark circles**

The components of the saffron pistil are capable of improving blood circulation, which helps the skin around the eyes to avoid injury.



### **Provides moisture to the skin**

The nutrients in saffron pistil have a good ability to penetrate quickly, without clogging pores that will help provide great moisture to your skin.

### **Support dark pigmentation treatment**

The vitamins and proteins contained in saffron ingredients have an anti-aging effect, which promotes the body's production of collagen to help blurring dark pigmentation. In addition, they also work to help restore the skin after injury, improve wrinkles to restore smooth, youthful skin.

## **Treatment of acne and deep scarring**

Thanks to the antibacterial and anti-inflammatory properties, it is considered saffron pistil is "medicinal god" in treating acne and acne scarring.

Not only do they fly blemishes and pimples, they also prevent acne from returning to help them feel much more secure.

## **How to promote the effect of saffron flower pistil?**

In order to promote all the effects of saffron pistil and at the same time safe for users, you need to note a few points:

- When using, you can use saffron flower pistil to make tea, combined with chrysanthemum, yogurt, honey to add flavor. However, attention should be paid to the daily dose.
- According to FDA, adults are advised to use 0.1gram saffron (equivalent to about 50 fibers) daily (3 grams / month). The maximum dosage is as follows:
  1. Each time no more than 0.1 grams
  2. Every day no more than 0.3 grams
  3. Each month does not exceed 9 grams
  4. When using saffron with too high doses up to 15 grams / time can cause poisoning even leading to death.
- For the purpose of beauty, you can combine to make some types of masks to work from outside, and use saffron to make tea, served with fruit yogurt . to be effective Optimal.
- For pregnant women, nursing mothers, children who want to use should get the doctor's consent.
- People with low blood pressure, cardiovascular disease should not use saffron
- In order to bring optimal results in the treatment process as well as improve the beauty, you should also pay attention to combining scientific diet, proper rest and exercise regularly.
- In addition, must choose a reputable quality address to buy saffron to ensure a reasonable price to avoid the price team, avoid buying fake counterfeit goods.



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