

What is Saffron? What are the uses of Saffron? How to use Saffron?

Saffron must be a keyword phrase that makes many people interested and learn about today. This product has appeared in the world for a long time and is loved by many people. So, let's explore in detail the origin and use of Saffron exotic medicinal herbs

What is Saffron?

Saffron - that's actually the name for the pistil of the saffron plant. This plant is distributed mainly in the Eurasian continent, North Africa, North America and Oceania.

Each saffron plant has about 2-3 purple flowers. Each flower has about 3 crimson red stamens. This is also the part called the saffron.



Saffron is a medicine that is quite popular to use in life

Characteristics of saffron pistil can be mentioned as:

1. Available in red. After preliminary processing and drying for storage, it turns red-brown.
2. Has a slightly bitter taste. Used extensively in food processing.
3. For marinated foods, this ingredient will produce an orange-yellow color. Their scent is quite similar to that of hay.

4. Easily changed under the effect of pH in the environment, light and oxygen in the air. Therefore, they are usually stored in closed containers, protected from light, at the right temperature.

Uses of Saffron

What is the *effect of saffron pistil* is something that not everyone knows. In their composition, there are many useful micronutrients that are extremely healthy.

Some of the *effects of* typical *saffron pistil* include:

1. Contains Keampferol, a part to help protect the heart muscle against the risk of hypoxia. It helps to improve heart function, reduce heart attack rate.
2. The active ingredient crocin in this ingredient helps to lower cholesterol. Thereby, effectively reducing the rate of coronary artery disease.
3. Improved brain function with phosphorylates. These active substances help increase neuron performance, repair damage by itself and balance the endogenous environment.
4. Supports the regeneration and development of neurons. Increases the number and composition of blood vessels.
5. The supportive effect of psoriasis has no lesions.
6. Clinical studies on patients demonstrate, saffron has a positive effect in improving symptoms of Alzheimer's disease, depression, schizophrenia.
7. Using saffron pistil improves physiological function in patients with erectile dysfunction.
8. Support weight loss and reduce appetite for overweight people. Thereby, bringing wonderful beauty effects to women.
9. In cancer patients, saffron has a selective cell inhibitory effect.
10. During labor, the use of saffron saffron is quite good. It helps to reduce anxiety. Reduce fatigue significantly and reduce pain intensity during labor.

Some side effects of the Saffron stigma should be noted

Besides *the benefits of saffron* , they also have some undesirable side effects. Accordingly, the user should be particularly cautious:

1. Dose 30mg / day for 6 weeks causes a marked decrease in appetite. However, you may experience nausea, headache, and sweating.
2. The same dose as above for 16 weeks may cause dizziness, fatigue.
3. Saffron pistil can increase the rate of miscarriage caused by uterine contraction and bleeding. Especially in the first and 20th week of pregnancy. High doses can cause pre-eclampsia.
4. Overuse may cause increased vascular permeability. Increased cellulitis response. Even increased risk of eye degeneration in diabetics.

How to use Saffron in accordance with scientific standards

To achieve the best effect and limit the undesirable effects, you can refer to some usage notes as follows:

Common saffron dosage

1. With doses less than 15mg / day is believed to be less likely to develop undesirable effects.
2. Dosage from 20 to 400mg / day is quite popular for many regimens. With this dose appeared biochemical changes in blood and some undesirable effects. Users may have symptoms of anorexia, nausea, headache, sweating .
3. Use less than 1.5g / day is considered within the safe range. Can not cause serious complications for the body.
4. 5gr is clinically proven to be a toxic dose to the body. May be life threatening.



Use saffron in reasonable doses to bring out the best effects

How to use saffron pistil with ingredients attached

In addition to separate use, saffron can combine with some active ingredients in food and nature. The direction of the combination is as follows:

1. Before using, let saffron in the air and shade for a while. This is to limit some unwanted active ingredients.
2. Combine with natural berry fruits such as grapes, blueberries, mangoes, tomatoes . Besides, eggplant and sweet potatoes, beans, asparagus, broccoli are also foods that should be used in combination.
3. Can be combined with turmeric powder, green tea, fish oil, olive oil . in food and beverage processing.
4. Marinating food with pepper, thyme . is also quite suitable.



Saffron can be used in combination with honey

Who should not drink Saffron?

Saffron pistil has platelet inhibitory activity. Therefore, do not use them for people with blood clotting disorders.

Diabetics should also be cautious. Because, this material can increase macular degeneration in patients with diabetes.



Should consider some subjects should not use Saffron to avoid causing side effects

Saffron Can pregnant women take it?

With many useful uses, so many people wonder if *saffron can be used for pregnant women* ? The answer is yes, if you use it correctly, in the right dose and with science.

Accordingly, depending on the different cases, pregnant mothers can now combine saffron pistil to brake tea, drink with milk, use in cooking, . Don't forget to choose quality ingredients to bring. best effect



Pregnant women can still take saffron pistil in reasonable doses

Above are information related to **Saffron** - an herb that not only supports healing very well, but also brings countless effects to improve health. As long as you understand and apply appropriately, be sure, they will bring the best pharmacological value.

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