

Exploring Medicinal Plants



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Exploring Medicinal Fruits and Berries

Edited by Azamal Husen



Exploring Medicinal Fruits and Berries

Exploring Medicinal Fruits and Berries is a clear, authoritative guide to fruits long valued in traditional medical systems and increasingly examined by modern science. It explains how naturally occurring bioactive compounds—antioxidants, polyphenols, flavonoids, vitamins and minerals—contribute to pathways relevant to health risk and well-being. Bridging traditional knowledge with state-of-the-art research, the book surveys fruits and berries with evidence across immunity, inflammation management, cardiovascular and metabolic health, healthy ageing, skin health and gastrointestinal function. It also examines underutilized species, emerging nutraceutical applications and cultivation practices that support sustainability and biodiversity.

Part of the *Exploring Medicinal Plants* series, this book is designed for students, researchers, practitioners and growers, as well as health-conscious readers. It provides a rigorous resource for understanding medicinal fruits and berries in contemporary health and wellness, with an emphasis on scientific significance and practical applications.

Exploring Medicinal Plants

Series Editor: Azamal Husen, Wolaita Sodo University, Ethiopia

Medicinal plants render a rich source of bioactive compounds used in drug formulation and development; they play a key role in traditional or indigenous health systems. As the demand for herbal medicines increases worldwide, supply is declining as most of the harvest is derived from naturally growing vegetation. Considering global interests and covering several important aspects associated with medicinal plants, the Exploring Medicinal Plants series comprises volumes valuable to academia, practitioners, and researchers interested in medicinal plants. Topics provide information on a range of subjects including diversity, conservation, propagation, cultivation, physiology, molecular biology, growth response under extreme environment, handling, storage, bioactive compounds, secondary metabolites, extraction, therapeutics, mode of action, and healthcare practices.

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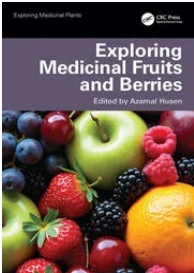
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Chapter



Medicinal Fruits and Berries in Cardiovascular Health

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