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Linum usitatissimum L.: Rich Storehouse of Pharmacologically Active Metabolites in Indian Traditional Medicine

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Abstract

Indigenous traditional medicines in India use a lot of plant ingredients and their derivatives. *Linum usitatissimum* L. commonly known as 'Alsi' or 'Tisi', in India or 'Flax' in English, is one such pharmacologically rich plants.

Phytochemicals (e.g.: phenolic acids, lignans, and flavonoids) are found naturally in *Linum usitatissimum*. While scientific data support flaxseed eating, a sizable portion of the public remains uninformed of the advantages and potential uses. The present chapter summarizes the available information on the traditional uses of *Linum usitatissimum* L. and its pharmacologically active natural constituents.

Keywords

Linum usitatissimum **Flaxseed** **Metabolites** **Phenolics** **Lignan**

Health

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