

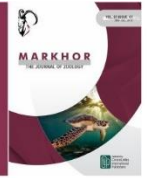


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Guest Editorial

Importance Of *Phoenix Dactylefera* Against Cardiovascular Diseases

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Around the world, cardiovascular diseases (CVDs) constitute the leading cause of mortality. By 2030, it is expected that the number of persons killed by CVDs will have risen to more than 24 million. The majority of the raw materials used in pharmaceutical preparations come from medicinal plants. They are gaining popularity as a result of their efficacy and the rising expense of contemporary drugs. Aspirin is derived from willow bark, morphine is derived from the opium poppy, quinine is derived from the cinchona bark, and digoxin is derived from the foxglove. According to the World Health Organization (WTO), 70% to 80% of people across the world rely on botanical sources to manage their illnesses. Plant sources are recommended because they include a high concentration of antioxidants and phytochemicals, which assist to prevent and handle a number of ailments.

Phoenix dactylifera L., especially the Ajwa species, has the highest concentration of phytonutrients, which can help stabilize a number of cardiovascular disorders. It contains six vitamins (vitamins A, C, B1, B2, B3, and riboflavin), as well as a high amount of fibre, potassium, magnesium, and 23 amino acids, all of which help to prevent hypertension, involuntary spasms, and blood pressure regulation. Niacin (B3) has been shown to help reduce cholesterol and low density lipoprotein (LDL) levels. Since excessive cholesterol is one of the leading causes of cardiovascular disease, Ajwa could be an important regulating source. In addition, ajwa pulp therapy increased HDL-C levels and antioxidant enzyme activity. Another *in-vivo* investigation found that Ajwa preparation reduced diclofenac-induced pulmonary and hepatic disruptions. Salicylic acid, according to the research, is a vitamin-K antagonist with the ability to impede vitamin K's action along the coagulation pathway. Salicylic acid is found in dates at a concentration of 3.75 to 4.50 mg/100 g. As vitamin k has a vital role in coagulation too therefore salicylic acid exhibits anti- coagulant role too. The prominence of the given data is sufficient evidence that plants can be employed as a key source of medication development for cardiovascular disease. They have real momentum to handle the rising number of ailments, which cannot be squandered by diversion or apathy.

