

# Saffron: A golden condiment and a repository of nutraceutical potential

MONIKA THAKUR AND NEHA SHARMA

Saffron (*Crocus sativus* L.) is one of the world's most valuable condiments, whose dried stigmas have been used since antiquity for culinary and medicinal purposes. The ethnobotanical data reveal that the plant and stigma extracts have many medicinal properties. On the basis of ethnobotanical data, lots of research has been done to determine the nutraceutical potential of saffron. The studies reveal that saffron extracts increase memory retention; reduce coronary artery disease and blood pressure, have anti-depression, anti-inflammatory, antigastric, anti-parkinsonian, anti-mutagenic, tumoricidal, cytotoxic, anti-hyperglycemic, pancreas protective effects and many more. Saffron being a rich source of carotenoids also has anticancer and antitumor properties. Being a repository of medicinal benefits, the potential can further be explored and exploited to develop new formulations and this 'golden condiment' can be used as a complete and promising functional food.

**Key Words :** *Crocus sativus*, Indigenous medicine, Golden condiment, Nutraceutical potential

**How to cite this article :** Thakur, Monika and Sharma, Neha (2014). Saffron: A golden condiment and a repository of nutraceutical potential. *Food Sci. Res. J.*, 5(1): 59-67.

---

MEMBERS OF RESEARCH FORUM

Author for correspondence :

**MONIKA THAKUR**, Amity Institute of Food Technology, Amity University,  
AMITY (U.P.) INDIA

Associate Authors' :

**NEHA SHARMA**, Amity Institute of Food Technology, Amity University, AMITY  
(U.P.) INDIA