

Antioxidant & Cellular/Organ Protective Actions of Mullaca (Physalis angulata)

Another area of research has focused on mullaca's antioxidant actions. Like most all rainforest plants, mullaca provides a significant amount of polyphenol chemicals (over 30), the majority of which provide antioxidant actions. Antioxidants fight free radicals (unstable molecules) which can cause cellular damage (called oxidative stress) which promotes inflammation and DNA damage (which can cause healthy cells to mutate into cancerous cells). Many diseases and conditions can be caused by or made worse by free radicals, therefore reducing free radicals with natural plant antioxidants can be beneficial for many conditions and even prevent some diseases and conditions.

Quite a few different studies by many different researchers have reported that mullaca provides organ protective actions, which really boils down to preventing free radicals from damaging the organs with oxidative stress and relieving/preventing the resulting chronic inflammation the damage causes. Animal studies show that mullaca can protect the heart, kidneys, liver, gastric tract, and brain and nerves in this manner. This can positively affect many diseases and conditions, especially age-related and chronic diseases. A really good example is diabetes, which today, is described as a chronic oxidative stress and inflammatory disease.

Antioxidant Research:

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