

Properties and Therapeutic Application of Bromelain

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Abstract: Bromelain belongs to a group of proteindigesting enzymes commercially obtained from pineapple fruits or stems. Fruit bromelain and root bromelain are prepared in different ways and have different enzymes. "Bromelase" usually means "root bromelain". Bromelain also has some anticancer properties and promotes apoptosis. This article reviews the key properties and clinical uses of bromelain along with effective formulas. Pineapple has been used as a part of folk medicine since ancient times and is also included in many herbal preparations. Bromelain is a complex mixture of proteases extracted from the fruits or stems of bromeliad plants.

The potential of using herbal products to prevent and treat diseases has long been recognized. Pineapple, commonly known as pineapple, produces a group of enzymes called bromelain, which has a sulfhydryl moiety. It has been shown that the antiinflammatory effect of bromelain is effective in the treatment of diseases such as osteoarthritis, rheumatoid arthritis and asthma, and the antiinflammatory effect of bromelain is by inducing apoptosis, inhibiting angiogenesis and improving the immune system activity prevent disease..

Keywords: Bromelain, inflammation, Ananas comosus, Proteinase, anticancer

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