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Caper: A precious medicinal plant from ancient times

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Capparis spinosa Linn. (Capparaceae) was traditionally used for pharmacological purposes and has potential for use in modern cosmetics. This review aims to assess the current available knowledge of Capparis spinosa and its constituents for management of several diseases. Bibliographic investigation was carried out by scrutinizing classical text books and peer reviewed papers, consulting worldwide accepted scientific databases to retrieve available published literature. Only articles on pharmacological and phytochemical studies of Capparis spinosa have been selected. The main pharmacological activities of caper are antidiabetic, antihypertensive, hypolipidemic, antioxidant, antimutagenic, anti-allergic, hepato protective, antibacterial, antiviral, antifungal, immunomodulatory, anti-apoptotic and anti-inflammatory activities. Phytochemicals studies of this plant revealed the existence of many bioactive components such as saccharides and glycosides, flavonoids, alkaloids, terpenoids and volatile oils, fatty acids, vitamin C, vitamin E and steroids. We conclude that Capparis spinosa is beneficial for the treatment of many pathologies supporting then its use in human nutrition and healthcare.

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Pharmacological properties of Caraway (*Carum carvi* L.)

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Plants have been highly valued for their healing properties in all cultures around the world. *Carum carvi* L. (*C. carvi*) is commonly known as spice and medicinal plant in many cultures and several studies have reported that *C. carvi* possess anti-diabetic, antibacterial, antimicrobial, antiulcerogenic, antiproliferative and anti-spasmodic activities. Major phytochemicals reported in *C. carvi* seeds are carvone, limonene, carvacrol, carvenone, γ-terpinene, and p-cymene. In this review information about *C. carvi* including its pharmacognosy, phytochemistry and pharmacology was given.

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