



## Study On : Natural Antioxidants In Grapes And Roots And Their Relationship To Cholesterol Levels

Abdullatif Mansor Alrshedi<sup>1\*</sup>, Ibrahim Saud Aleid<sup>2</sup>, Muhannad Ali Alghulayqah<sup>3</sup>, Norah Abdulaziz Alrasheed<sup>4</sup> And Mohammed Abdulrahman Alduraywish<sup>5</sup>

<sup>1\*</sup>General nutrition specialist, alrshedi@moh.gov.sa, Al-Qawara General Hospital

<sup>2</sup>General nutrition specialist, isaleid@moh.gov.sa, King Fahd Specialist Hospital in Buraidah

<sup>3</sup>General nutrition specialist, MALGHULAYQAH@MOH.GOV.SA, Hail General Hospital

<sup>4</sup>General nutrition specialist, noaalarasheed@moh.gov.sa, Imam Abdul Rahman Al-Faisal Hospital

<sup>5</sup>General nutrition specialist, Maalduraywish@moh.gov.sa, General Directorate of Health Affairs in Al-Baha Region

**\*Corresponding Author:** Abdullatif Mansor Alrshedi

\*General nutrition specialist, alrshedi@moh.gov.sa, Al-Qawara General Hospital

### Abstract:

Grapes and roots are well-known for their natural antioxidant properties, which have been shown to have a positive impact on cholesterol levels. This essay explores the relationship between these natural antioxidants found in grapes and roots and how they can potentially help in maintaining healthy cholesterol levels. The methods used to investigate this relationship include a review of scientific literature and studies on the topic. The results reveal the potential benefits of natural antioxidants in grapes and roots in regulating cholesterol levels. The discussion delves into the mechanisms by which these antioxidants work and their implications for overall health. Finally, the conclusion highlights the importance of incorporating grapes and roots into the diet as a natural way to support heart health and cholesterol regulation.

**Keywords:** natural antioxidants, grapes, roots, cholesterol levels, heart health, antioxidant properties.

### Introduction:

Cholesterol is a fatty substance that is produced by the liver and also found in certain foods. While cholesterol is essential for the body to function properly, high levels of cholesterol can lead to health problems such as heart disease and stroke. There are two types of cholesterol: low-density lipoprotein (LDL) and high-density lipoprotein (HDL). LDL cholesterol is often referred to as "bad" cholesterol as high levels can lead to the buildup of plaque in the arteries, increasing the risk of heart disease. HDL cholesterol, on the other hand, is known as "good" cholesterol, as it helps remove LDL cholesterol from the bloodstream.

Antioxidants are compounds that help protect the body from damage caused by free radicals, which are unstable molecules that can cause oxidative stress and damage cells. Natural antioxidants found in certain foods, such as grapes and roots, have been shown to have a range of health benefits, including reducing inflammation, improving cardiovascular health, and supporting overall well-being.

Grapes are a rich source of natural antioxidants such as resveratrol, flavonoids, and other polyphenols, which have been studied for their potential benefits in reducing cholesterol levels. Similarly, roots such as ginger, turmeric, and ginseng also contain powerful antioxidants that have been linked to improved heart health and cholesterol regulation.

In this essay, we will explore the relationship between natural antioxidants in grapes and roots and their impact on cholesterol levels. By understanding how these antioxidants work and their potential benefits, we can better appreciate the role of diet in supporting overall heart health and cholesterol regulation.

Grapes and certain roots contain natural antioxidants that can have a positive impact on cholesterol levels. Let's explore this relationship in more detail.

### Grapes:

Grapes are rich in a group of antioxidants known as polyphenols, which include resveratrol, quercetin, and anthocyanins. These compounds have been studied for their potential health benefits, including their effects on cholesterol levels.

**Resveratrol:** Resveratrol is a polyphenol found in the skin of grapes, especially in red and purple varieties. Several studies have suggested that resveratrol may help increase high-density lipoprotein (HDL) cholesterol, often referred to as "good" cholesterol, while reducing low-density lipoprotein (LDL) cholesterol, often called "bad" cholesterol. Resveratrol may also have anti-inflammatory effects and help prevent the oxidation of LDL cholesterol, which is a crucial step in the development of atherosclerosis.

**Quercetin:** Quercetin is another polyphenol present in grapes, particularly in the skin and seeds. It has been shown to possess anti-inflammatory and antioxidant properties. Some studies suggest that quercetin may help lower LDL cholesterol levels and reduce the risk of heart disease.

**Anthocyanins:** Anthocyanins are a type of flavonoid found in the pigments responsible for the red, purple, and blue colors of grapes. These compounds have been associated with various health benefits, including reducing LDL cholesterol oxidation and improving endothelial function, which is important for cardiovascular health.

**Roots (such as ginger and turmeric):**

Certain roots, such as ginger and turmeric, also contain natural compounds that possess antioxidant properties. While these roots are not directly related to grapes, they can still impact cholesterol levels through different mechanisms.

**Ginger:** Ginger contains gingerol, a bioactive compound with antioxidant and anti-inflammatory properties. Some studies suggest that ginger may help lower LDL cholesterol levels and reduce total cholesterol and triglycerides. However, more research is needed to fully understand the extent of ginger's effects on cholesterol.

**Turmeric:** Turmeric contains a compound called curcumin, which is known for its antioxidant and anti-inflammatory properties. Curcumin has been studied for its potential cholesterol-lowering effects. It may help reduce LDL cholesterol, increase HDL cholesterol, and improve other markers of heart health. However, it's worth noting that curcumin has low bioavailability, meaning it is poorly absorbed by the body, and thus, using turmeric alone may not provide significant cholesterol-lowering effects. Piperine, a compound found in black pepper, can enhance curcumin absorption and maximize its benefits.

It's important to note that while grapes and roots contain natural antioxidants that may positively influence cholesterol levels, their effects might vary from person to person. Additionally, dietary factors, overall lifestyle, and other individual health conditions also play a significant role in determining cholesterol levels. If you have concerns about your cholesterol levels, it's always advisable to consult a healthcare professional for personalized advice and guidance.

**Methods:**

To investigate the relationship between natural antioxidants in grapes and roots and cholesterol levels, a review of scientific literature was conducted. Studies that focused on the antioxidant properties of grapes and roots, as well as their effects on cholesterol levels, were examined. Key findings and conclusions from these studies were analyzed to determine the potential impact of natural antioxidants on cholesterol regulation.

**Results:**

The results of the review suggest that natural antioxidants found in grapes and roots may play a role in regulating cholesterol levels. Studies have shown that resveratrol, a compound found in grapes, can help lower LDL cholesterol levels and increase HDL cholesterol levels. Additionally, flavonoids present in grapes have been linked to improved cardiovascular health and reduced inflammation, both of which are important factors in maintaining healthy cholesterol levels.

Roots such as ginger, turmeric, and ginseng also contain potent antioxidants that have been shown to have beneficial effects on cholesterol levels. For example, curcumin, the active compound in turmeric, has been found to reduce LDL cholesterol levels and improve overall cholesterol profiles. Similarly, the antioxidant properties of ginger and ginseng have been studied for their potential role in supporting heart health and cholesterol regulation.

Overall, the results indicate that natural antioxidants in grapes and roots have the potential to positively influence cholesterol levels and support overall heart health.

**Discussion:**

The mechanisms by which natural antioxidants in grapes and roots impact cholesterol levels are complex and multifaceted. Resveratrol, for example, has been shown to inhibit the production of cholesterol in the liver, leading to lower levels of LDL cholesterol in the bloodstream. Additionally, resveratrol has anti-inflammatory properties that can help reduce inflammation in the arteries, which is a key factor in the development of heart disease.

Flavonoids found in grapes work by improving the function of blood vessels and reducing oxidative stress, both of which contribute to better cardiovascular health and cholesterol regulation. These compounds also have anti-inflammatory properties that can help reduce the risk of plaque buildup in the arteries.

Roots such as ginger, turmeric, and ginseng contain antioxidants that can help lower LDL cholesterol levels, increase HDL cholesterol levels, and improve overall cholesterol profiles. These antioxidants work by reducing oxidative stress, lowering inflammation, and supporting healthy cholesterol metabolism.

The discussion of the mechanisms by which natural antioxidants in grapes and roots impact cholesterol levels underscores the importance of incorporating these foods into the diet as a natural way to support heart health and cholesterol regulation.

**Conclusion:**

In conclusion, natural antioxidants found in grapes and roots have the potential to positively influence cholesterol levels and support overall heart health. The results of the review suggest that compounds such as resveratrol, flavonoids, and other polyphenols found in grapes can help lower LDL cholesterol levels, increase HDL cholesterol levels, and improve cardiovascular health. Similarly, antioxidants present in roots such as ginger, turmeric, and ginseng have been linked to improved cholesterol profiles and heart health.

By understanding the mechanisms by which these antioxidants work and their potential benefits, individuals can make informed choices about incorporating grapes and roots into their diet to support healthy cholesterol levels. Further research

is needed to explore the specific effects of these antioxidants on cholesterol regulation and heart health, but the evidence thus far suggests that natural antioxidants in grapes and roots can play a valuable role in maintaining overall well-being.

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