



**CARAWAY, CHINESE CHIVES AND CASSIA AS FUNCTIONAL FOODS  
WITH CONSIDERING NUTRIENTS AND HEALTH BENEFITS**

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**ABSTRACT**

Since ancient times, the medicinal properties of plant material improve the quality of life. Medicinal plants and foods may provide phytotherapy a new dimension and enable their application to treat and prevention of diseases with the advantage of reducing chemical drugs. Historically, caraway, Chinese chives and cassia have enjoyed a rich tradition of use for flavouring, and medicinal purposes, because of wide range of secondary metabolites with potent antibacterial, antioxidant, antimicrobial, anti-inflammatory, anticancer and other tremendous benefits. In many countries, medicinal plants are widely used as functional foods and daily supplements with the aim of promoting public health and both preventing and curing diseases. The main characteristics, components, active substance and important pharmacological and health benefits of caraway, Chinese chives and cassia was reviewed.

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