

Health Benefits of Perilla

Perilla (*Perilla frutescens*) is an edible herb native to many countries in Asia. Its leaves and oil are used in cooking and as medicine. Perilla leaf, seed, and stem are used as three different Chinese medicines. It contains chemicals that might decrease swelling and help reduce the growth of cancer cells. Perilla seed oil is also high in the fatty acid alpha-linolenic acid.



People use perilla for hay fever, asthma, canker sores, dementia, and many other conditions, but there is no good scientific evidence to support these uses. (WebMD)

Reduced Risk of Cancer

Several studies have shown that *Perilla frutescens* has a variety of pharmacological effects, including anti-inflammatory, antibacterial, detoxifying, antioxidant, and hepatoprotective. In the absence of a review of *Perilla frutescens* for the treatment of cancer. This review provides an overview of the chemical composition and molecular mechanisms of *Perilla frutescens* for cancer treatment. It was found that the main active components of *Perilla frutescens* producing cancer therapeutic effects were perilla aldehyde (PAH), rosmarinic acid (Ros A), lignan, and isoestrogen (IK). In addition to these, extracts of the leaves and fruits of *Perilla frutescens* are also included. Among these, perilla seed oil (PSO) has a preventive effect against colorectal cancer due to the presence of omega-3 polyunsaturated fatty acids. This review also provides new ideas and thoughts for scientific innovation and clinical applications related to *Perilla frutescens*. (NIH.gov)



Source: WebMD and NIH