

Health Benefits of Red Sorrel/Roselle/Jamaican Sorrel

Hibiscus sabdariffa (HS), commonly known as Roselle, has a rich history of traditional uses and is recognized for its diverse pharmacological properties, including antihypertensive, anti-inflammatory, antimicrobial, and more. This comprehensive review synthesizes the existing literature on the health benefits associated with the consumption of HS or its ingredients.



Key areas of focus include metabolic health, blood sugar, and lipid regulation, wherein studies have reported varying effects on parameters such as fasting blood glucose, insulin sensitivity, and lipid profiles. Furthermore, Roselle exhibits anti-inflammatory properties, as evidenced by its impact on inflammatory markers such as MCP-1 and TNF- α . Additionally, HS extracts have shown notable antibacterial efficacy against various strains, with a potential role in urinary tract infection management. (NIH)

Overview

Hibiscus sabdariffa is a plant considered safe in common food amounts. As a tea, it may be beneficial for [high blood pressure](#). The fruit acids in Hibiscus sabdariffa might work like a [laxative](#). Other chemicals in Hibiscus sabdariffa might be able to lower [blood pressure](#), reduce levels of sugar and fats in the [blood](#), reduce swelling, and work like [antibiotics](#).



People use Hibiscus sabdariffa for [high blood pressure](#), high cholesterol, and many other conditions, but there is no good scientific evidence to support most of these uses.

Possibly Effective for

- High blood pressure. Drinking Hibiscus sabdariffa tea or taking Hibiscus sabdariffa extract by [mouth](#) seems to lower blood pressure by a small amount in people with normal or high blood pressure.

There is interest in using Hibiscus sabdariffa for a number of other purposes, but there isn't enough reliable information to say whether it might be helpful. (WebMD)

Source: WebMD