



Protective Effects of Pomegranate and Its derivatives on Central Nervous System Diseases

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Abstract

Pomegranates and their derivatives have been studied as antioxidants for many years and their effect on improving the function of cells has been confirmed. This review study was performed using databases such as PubMed, Scopus, Science Direct and Google Scholar. In the results, only articles that were published between 2000-2019 were included in the study for review. This article was conducted as a narrative review and does not include any independent data resulting from direct clinical intervention or field collection, and therefore did not require any written consent. Finally, 121 articles were used in writing this review study. It was found that pomegranate and its derivatives after the laboratory can have positive effects on nerve cell function and control the symptoms of group of diseases.

Keywords: Protective, Pomegranate, Central Nervous System, Diseases.