

## NutriHealers

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### MAÍZ MORADO

CONDICIONES: Cáncer, Hipertensión, Diabetes, Estrés oxidativo, Daño renal por diabetes, deportistas competitivos, Obesidad

ESPECIE *Zea mays* Purple variety

UBICACIÓN El Maíz Morado se encuentra en el Perú y otros países de América.

DESCRIPCIÓN Herbácea anual, de hasta 2.5 mts de alto, tallo tipo caña, monoica. Flores masculinas en panoja terminal y las femeninas en las axilas de las hojas envueltas en hojas conocidas como pancas. La espiga con los granos o semillas se llama mazorca

#### USOS TRADICIONALES

Diurético, sedante, anti inflamatorio

#### ESTUDIOS MODERNOS

Antioxidante, Diabetes - Previene daño renal, Estrés oxidativo, Hipertensión arterial, Cáncer – colon, colo –rectal, mama, Anti mutagénico, Obesidad

#### FUENTES

Eur J Nutr. 2011 Nov 20. [Epub ahead of print]

Purple corn anthocyanins retard diabetes-associated glomerulosclerosis in mesangial cells and db/db mice.

Li J, Kang MK, Kim JK, Kim JL, Kang SW, Lim SS, Kang YH.

Department of Food and Nutrition, Hallym University, Chuncheon, Kangwon-do, 200-702, South Korea.

Purple corn may be a potent therapeutic agent for the treatment for diabetes-associated glomerulosclerosis accompanying proteinuria and kidney filtration dysfunction.

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Purple Corn (*Zea mays* L.) Phenolic Compounds Profile and Its Assessment as an Agent Against Oxidative Stress in Isolated Mouse Organs.

Ramos-Escudero F, Mu Oz AM, Alvarado-Ort Z C, Alvarado N, Y Ez JA.

1 Center of Biochemical Investigation and Nutrition, Faculty of Human Medicine, University of San Martín de Porres, Lima, Peru

Diccionario Enciclopédico de Plantas útiles del Perú. Brack Egg, Antonio. PNUD – Centro de Estudios Regionales Andinos Bartolomé de las Casas

J Food Sci. 2010 Oct;75(8):C667-72. doi: 10.1111/j.1750-3841.2010.01784.x. Epub 2010 Sep 20.

Bioactivities of kernel extracts of 18 strains of maize (*Zea mays*).

Lee CH, Garcia HS, Parkin KL.

Dept. of Food Science, 1605 Linden Drive, Babcock Hall, Univ. of Wisconsin, Madison, WI 53706, USA.



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[Vasodilator effect mediated by nitric oxide of the Zea mays L (andean purple corn) hydroalcoholic extract in aortic rings of rat].

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Department of Food Science and Technology, The Ohio State University, Columbus, Ohio 43210-1096, USA

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Purple corn color suppresses Ras protein level and inhibits 7,12-dimethylbenz[a]anthracene-induced mammary carcinogenesis in the rat.

Fukamachi K, Imada T, Ohshima Y, Xu J, Tsuda H.

Department of Molecular Toxicology, Nagoya City University Graduate School of Medical Sciences, 1 Kawasumi, Mizuho-cho, Mizuho-ku, Nagoya 467-8601, Japan.

J Nutr Sci Vitaminol (Tokyo). 2007 Feb;53(1):90-3.

Effects of dietary administration of plant-derived anthocyanin-rich colors to spontaneously hypertensive rats.

Shindo M, Kasai T, Abe A, Kondo Y.

Department of Animal Science, Faculty of Agriculture, Okayama University, Okayama 700-8530, Japan.

J Agric Food Chem. 2006 Jun 28;54(13):4557-67.

Antimutagenic and antioxidant properties of phenolic fractions from Andean purple corn (Zea mays L.).

Pedreschi R, Cisneros-Zevallos L.

Department of Horticultural Sciences, Texas A&M University, College Station, Texas 77843-2133, USA.

J Nutr. 2003 Jul;133(7):2125-30.

Dietary cyanidin 3-O-beta-D-glucoside-rich purple corn color prevents obesity and ameliorates hyperglycemia in mice.

Tsuda T, Horio E, Uchida K, Aoki H, Osawa T.

Research Center for Biomarkers of Preventive Medicine, Doshisha University, Imadegawa-dori, Kamigyo-ku, Kyoto 602-8580, Japan.

Cancer Lett. 2001 Sep 28;171(1):17-25.

Pronounced inhibition by a natural anthocyanin, purple corn color, of 2-amino-1-methyl-6-phenylimidazo[4,5-b]pyridine (PhIP)-associated colorectal carcinogenesis in male F344 rats pretreated with 1,2-dimethylhydrazine.

Hagiwara A, Miyashita K, Nakanishi T, Sano M, Tamano S, Kadota T, Koda T, Nakamura M, Imaida K, Ito N, Shirai T.

Daiyu-kai Institute of Medical Science, 64 Goura, Nishiazai, 491-0113, Ichinomiya, Japan

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