

# Cogent Anticancer effects of Silybum Marianum

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**Received date:** July 30, 2024; **Accepted date:** August 13, 2024; **Published date:** August 22, 2024

**Citation:** Rashmi Sharma, (2024), Cogent Anticancer effects of Silybum Marianum, *Carcinogenesis and Chemotherapy*, 3(4); DOI:10.31579/2835-9216/019

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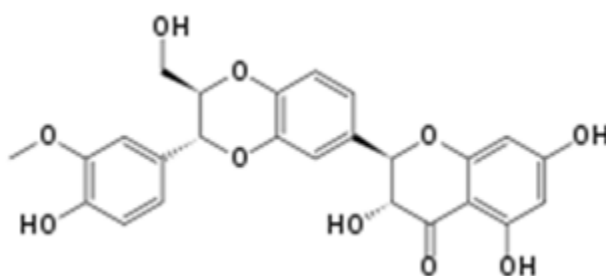
## Introduction

*Silybum marianum* belongs to family Asteraceae. Also, known as milk thistle, blessed thistle, Mediterranean milk thistle. *Onopordum acanthium* or *Cirsium vulgare* is also known as Scotch Thistle. Purple flowers, dull green

leaves. 200 cm long. It is native to Mediterranean region. Found in warm wetland places. Not found in dry areas. It develops in soil pH 5.5-7.5. Can germinate in 3-4 or C.NPK Ratio 50:30:60. Phytochemical is flavonolignan silymarin.



Figure 1: *Silybum marianum*



**Figure 2: Structure of Silibinin**

Traditional milk thistle extract is made from the seeds, which contain approximately 4–6% silymarin.[22] The extract consists of about 65–80% silymarin (Silybin A, B, Isosilybin A, B Silydianin, Isosilychristin, silychristin, flavonoid - taxifolin, silibinin, Silymarin –silybin A & silybin B (diastereoisomers), polyphenolic molecules. (a flavonolignan complex) and 20–35% fatty acids, Silymarin seed extract has potent anticancer effects. 02.5 gm powder given daily in 10 ml aqueous solution is effective against cancer.

But in some persons, it causes upset stomach & allergy. (25). Also, they have mycotoxin conc 38mg/kg.

When cattle eat KNO<sub>3</sub> it breaks into nitrite, which combine hemoglobin to form methemoglobin & block O<sub>2</sub> transport.

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