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# Cancer Research and Cell Development

*Short Communication*

# Cogent Anticancer Effects of Silybum Marianum

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## Abstract

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

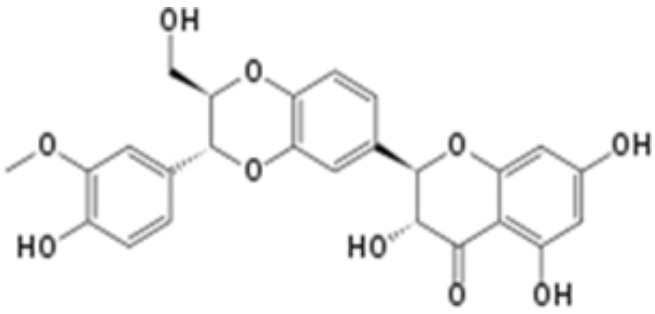



***Figure 2:*** Structure of Silibinin

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 KNO3 it breaks into nitrite, which combine hemoglobin to form methemoglobin & block O2 transport.

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