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Broccoli: A potential treatment for cancer and diabetes

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Broccoli, originally from Italy, has a variety of secondary metabolites and is found to possess antimicrobial properties. It provides many health-promoting benefits that impute to its antioxidant and anticarcinogenic properties. Broccoli has a high content of flavonoids, vitamins and mineral nutrients. These essential compounds protect against cancer cell formation. Hence, they have the ability to prevent different forms of cancer, which has been proved through pharmacological studies. Sprouts of broccoli are rich in isothiocyanates (ITCs). ITCs are a class of cancer-preventive agents. To enhance the anticancer properties of broccoli, selenium-enriched broccoli is prepared by artificial methods. Further, being rich in anti-inflammation and antioxidative properties, they also protect against diabetes. Broccoli sprouts are known to improve resistance to insulin in type-2 diabetic patients. Sulphoraphane, one of its components, has the potential to induce proliferator-activated receptors, thus maintaining glucose homeostasis in blood. Broccoli has also proven to be helpful in treating various skin diseases like warts and neural disorders, such as Parkinson’s disease or Alzheimer's disease. Therefore, the therapeutic properties of broccoli can be leveraged efficiently in order to combat various diseases.

Keywords: Phytochemicals, Isothiocyanates, Cancer, Type-2 diabetes, Selenium-enriched broccoli, Glucose homeostasis

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