



## Study the Health and Nutritional Benefits of the Mallow Plant

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**Annotation:** Since the beginning of time, many civilizations have used medicinal plants to treat a wide range of diseases. recently, there has been a renewed emphasis on research into therapeutic plants. being natural, the plant-based medical system does not present any significant risks. plants contain phytochemicals, which are known to have biologically beneficial effects. Malva is a genus of about 30 species. although humans have brought the plants to every continent but the two poles, they originally grew in Eurasia and North Africa.. The traditional usage of plant in the preparation of pharmaceutical compounds and the treatment of various ailments can help us understand the true source of the substances used to make antibiotics and other therapeutic agents. humans have long utilized plants within the family Malvaceae which belongs to the Malva genus. they serve as a significant source of nutrients and are also widely utilized in medicine and food industries .This study focuses on the health and nutritional benefits of mallow plant.

**Keywords:** Malva, health benefits, minerals, Phenolic compounds, nutritional benefits.

### INTRODUCTION

Plants have been a significant source of antioxidants, vitamins and minerals for humans from the beginning of time. due to their impact on life quality, vegetables and fruits must be consumed more frequently in modern diet (Salama *et al.*,2019). In addition to being an abundant supply of macro and micro and minuscule elements such as vitamins, fibers, pigments, and proteins, a rich source of macro and micronutrients like, fibers, proteins pigments and vitamins , green leafy vegetables also contain bioactive phytochemicals called polyphenols and flavonoids that have a number of health-promoting properties. (Abdalla *et al.*,2019).

There are kinds in the genus Malva. that exhibit medicinal qualities and are primarily significant to the medical field and the industry of functional foods. Its upbringing, culture, besides application depend on correctly identifying the plant or germ plasma, which is difficult to do using physical characteristics because of this, (Jedrzejczyk and Rewers,2020).

Several types are eaten as vegetables (like , Malva. neglecta Wallr., Malva. parviflora L., and Malva. Silvestre's L.) in Egypt, Turkey, Mexico and Morocco. due to its potent bactericidal, antiulcer genic, anti-inflammatory, hepatoprotective, and anti-diabetic properties, mallow types are used in medicine to treat respiratory, urinary and digestive issues .The most researched and most frequently utilized species in the genus. Additionally, several types of mallow are capable of accumulating heavy metals and may be employed in phytoremediation, (Jedrzejczyk and Rewers,2020).

A perpetual herbaceous plant in the Malvaceae family is called Malva parviflora L. and is mostly found in regions of Asia, Africa, and Europe with tropical, subtropical, and temperate climates. The words "Malva" and "Parviflora" come from the Latin words "Parvus" (little) and "Floris" (flower), respectively. The Greek word "malakos" (soft) is the source of the term "Malva," while the Latin word "Parvus" (small) is the source of the word "Parviflora."2,