QUANTIFICATION OF PHENOLICS AND FLAVONOIDS FROM PETROSELINUM CRISPUM EXTRACTS

Svetlana Trifunschi*, Dorina Ardelean

“Vasile Goldis” Western University of Arad, Faculty of Medicine, Pharmacy And Dentistry, Arad, Romania

ABSTRACT. Parsley (Petroselinum crispum L.) is a very popular spice and vegetable, it is known to be diuretic, smooth muscle relaxant and hepatoprotective. It is rich source of antioxidants such phenolics and flavonoids. In this study were studied spectrophotometric determination of polyphenols and flavonoids content from chloroform, ethanolic and methanolic extracts of parsley. Quantitative determination of polyphenols and flavonoids was determined using catechol and quercetin as standard. The result show high content of polyphenols and flavonoids in ethanolic extracts, which suggests that the extracts have antioxidant activity.

KEYWORDS: flavonoids, phenolics, quercetin, Petroselicum, crispum

INTRODUCTION

Polphenols, the aromatic compound in plant kingdom occurring in all parts of the plants and they offer resistance to diseases. Their effect to reduce risk of cancer. Higher the phenolics content stronger is the antioxidant activity. (Maxwell, 1995)

Natural antioxidants such as dietary plant flavonoids have an increasing number of reports that directly contradict the putative role of flavonoids as antioxidants and anti-cancer agents. (Pourmorad et al, 2006)

Antioxidants are compounds that protect cells against the damaging effects of reactive oxygen species, such as singlet oxygen, superoxide, peroxyl radicals, hydroxyl radicals and peroxynitrite. An imbalance between antioxidants and reactive oxygen species results in oxidative stress, leading to cellular damage. Oxidative stress has been linked to cancer, aging, atherosclerosis, ischemic injury, inflammation and neurodegenerative diseases (Parkinson's and Alzheimer's). Flavonoids may help provide protection against these diseases by contributing, along with antioxidant vitamins and enzymes, to the total antioxidant defense system of the human body. Epidemiological studies have shown that flavonoid intake is inversely related to mortality from coronary heart disease and to the incidence of heart attacks.

The capacity of flavonoids to act as antioxidants depends upon their molecular structure. The position of hydroxyl groups and other features in the chemical structure of flavonoids are important for their antioxidant and free radical scavenging activities. Quercetin, the most abundant dietary flavonol, is a potent antioxidant because it has all the right structural features for free radical scavenging activity.

Parsley or garden parsley (Petroselinum crispum) which belongs to genus Petroselinum of family Apiaceae, is a species native to the central Mediterranea region, naturalized elsewhere in Europe and widely cultivated as an herb, a spice and a vegetable. (Bown D., 2005)

Parsley (Petroselinum crispum L.) is a very popular spice and vegetable in Europe. It's herb are known to be diuretic, smooth muscle relaxant and hepatoprotective. The most important identified active ingredients are flavonoids, cumarins and vitamin C. Luteolina and its glycosides are the main flavonoids in parsley, it can be found relatively large amounts in the leaves. The flavonoid has antiinflammatory, antioxidant and anticancer activities. (Papay Z., 2012)

The volatile oil contains a large number of chemicals including flavonoid which is beneficial in treating allergy. It also has apiole compound that seem to act as an antiseptic in the urinary tract and stimulate uterine muscles. Although it is not commonly eaten in quantity, parsley herb is a good natural source of carotene (provitamin A), vitamins B1, B2, and C, as well as iron and other minerals. (Papay Z., 2012)
The fresh leaves (Fig.1) are highly nutritious and can be considered a natural vitamin and mineral supplement in their own right. Both plants act by encouraging the flushing out of waste products from the inflamed joints and the waste's subsequent elimination via the kidneys. Parsley root is more commonly prescribed than the seeds or leaves in herbal medicine.

Parsley root is taken as a treatment for flatulence, cystitis, and rheumatic conditions. Parsley is also valued as a promoter of menstruation, being helpful both in stimulating a delayed period and in relieving menstrual pain. Parsley volatile oil with its contained apiol and myristicin is toxic, and so, not recommended for pregnant women.

Flavonoids are phenolic compounds isolated from a wide variety of plants, and are valuable for their multiple properties, including antioxidant and antimicrobial activities.

From parsley extracts were identified flavonoids: quercetin, luteolin, kaemferol (M. Stan, et all, 2011) and apigenin (Pápay Z.E, et al, 2012)(fig.2.)

In the present work, parsley (Petroselinum crispum L.) extracts were obtained by extraction with chloroform, ethanol and methanol. Quantitative determination of polyphenols an flavonoids was determined spectrophotometric using catechol and quercetin as standards.

**MATERIALS AND METHODS**

**Materials.**

Finely powdered an air shade-dried leaves was taken for experiments. Catechol, quercetin, kaemferol, luteolin and all other chemicals used were from Merck.

The UV spectrophotometer (UV-VIS Schomadzu) was used for the measured of absorbance at various concentration of the extracts under study.
Preparation of extracts.

Leaves of Petroselinum crispum were collected from adult plants in the morning, then plant material was dried at room temperature. The dried and finely ground samples of parsley leaves (1g) were extracted with solvents by maceration (48 h). The solvents removed under vacuum at temperature below 50°C. Each extract was prepared just before the experiment so as to prevent any further degradation.

**The polyphenols determination** (FR X, 1993)

Polyphenols react with fosfowolframic acid in alkaline medium and produced blue coloured. The absorbance measured at 660 nm is represented. A standard curve using different concentration of catechol drawn from which the concentration of polyphenols in the test samples was calculated as mg polyphenols/g material.

**Total flavonoids determination:** (Chang et al., 2002)

Aluminiul chloride colorimetric method was used for flavonoids determination. Each plant extracts (0.5 mL of 1 : 10 g/mL) in methanol were separately mixed with 1.5 mL of methanol, 0.1 mL of 10 % aluminium chloride, a.1 mL of 1 M potassium acetate and 2.8 mL of distilled water. It was kept at room temperature for 30 min.; the absorbance of the reaction mixture was measured at 415 nm. The calibration curve was obtained by preparing quercetin solutions at concentrations 3.5 to 100 mg/mL.

### RESULTS AND DISCUSSION

The present study has verified that remedial plants could be good source of antioxidant substances. It has been acknowledged that flavonoids show significant antioxidants action on human health and fitness. The mechanism of action of flavonoids are through scavenging or chelating process (Kessler et al., 2003).

The content of polyphenolics that measured in terms of catechol equivalent (standard curve equation: \( y = 0.117x + 0.015 \), \( r^2 = 0.998 \)) were between 15.20 to 54.20 mg/g. (table 1)

The content of total flavonoid that were measured by aluminium chloride colorimetric technique in terms of quercetin equivalent (the standard curve equation: \( y = 0.014x + 0.012 \), \( r^2 = 0.997 \)) were between 4.50 to 42.1 mg/g. (table 1)

<table>
<thead>
<tr>
<th>Extracts</th>
<th>Polyphenols (mg/g)</th>
<th>Flavonoids (mg/g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chloroform</td>
<td>15.20</td>
<td>4.50</td>
</tr>
<tr>
<td>Ethanol</td>
<td>54.20</td>
<td>42.10</td>
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<tr>
<td>Methanol</td>
<td>35.60</td>
<td>25.12</td>
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</tbody>
</table>

### CONCLUSIONS

The ethanol extract of leaves show higher polyphenolic and flavonoid content than chloroform and methanol extracts.

Hence bioactive antioxidant components can be isolated by further separation of ethanol extract. The high scavenging property of Petroselinum may be due to hydroxyl groups existing in the phenolic compounds chemical structure that can provide the necessary component as a radical scavenger. The results indicate that the plant material may become an important source of compounds with health protective potential.

### REFERENCES

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*CORRESPONDENCE*; Trifunschi Svetlana, “Vasile Goldis” Western University of Arad, Faculty of Medicine, Pharmacy and Dentistry, Department of Pharmacy, Stada Str. Liviu Rebreanu nr 86, Arad, 310045, tel/fax:: 0257 282324 , email: svtlana_cacig@yahoo.com