

P. sativa contains folic acid which plays an important role in heart health and also in reducing birth defects. Moreover, some research has shown that a diet rich in folic acid reduces depression. So, *P. sativa* is also recommended in such cases.¹²

The importance of daily consumption of raw vegetables is an important fact because a balanced diet containing the nutrients and vitamins necessary for the proper functioning of the body makes the quality of life better, disease-free and healthy iron.¹³

Allergic skin reactions caused by *P. sativa* leaves

Phytophotodermatitis is a phototoxic condition that occurs in summer, through contact with plants containing photoreactive substances (parsley leaves, celery, *P. sativa*, dill, carrots), followed by sun exposure.¹⁴ It is also called meadow dermatitis. At 12–24 hours after contact, the skin becomes swollen, red and itchy, sometimes blisters, blisters, even necrosis can appear. After healing these lesions leave hyper- or depigmented spots.¹⁵

The leaves, stems, flowers of *P. sativa* contain toxic sap (furanocoumarins) that can cause phycophotodermatitis, which can lead to severe burns, rashes or blisters.¹⁶ Some people may experience dermatitis, bloating, gas, stomach cramps, and food allergies, as well as oral allergy syndrome such as burning, itching, and swelling of the lips and tongue, redness of the eyes, and difficulty breathing when first consuming *P. sativa*.¹⁷ Therefore, it is recommended that you consult your doctor before consuming this vegetable. Due to the large number of useful substances that make up the vegetable, a number of pharmaceuticals are manufactured for various purposes.¹⁸

For example, Pastinacin and Beroxan [C₂₄H₁₆O₈], having antispasmodic and photosensitizing effects. Beroxan activates the processes of regeneration of skin pigmentation, as well as hair growth during alopecia.^{19,20} In the event of exposure to ultraviolet light, the medicine will stimulate the formation of melanin and restore the skin's sensitivity to sunlight.

Conclusions and remarks

P. sativa is a type of root vegetable with a high content of nutrients and antioxidants that can improve immunity, increase digestive health and help with weight loss. Above all, this vegetable is easy to prepare and has a sweet taste that works well in a variety of recipes. The healing properties of *P. sativa* are also recognized by allopathic medicine. *P. sativa* and beroxane are prepared from *P. sativa* roots. The first preparation has a spasmolytic action and is used to treat angina pectoris, heart neurosis, gastrointestinal disorders and bile ducts. Beroxan, in combination with other preparations, is recommended in cases of skin diseases such as vitiligo.

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Conflicts of interest

The authors state that there is no conflict of interest.

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