

Anti-Inflammatory

By Steve Meyerowitz, "Sproutman"

Isolation of Potent Anti-Inflammatory Protein from Barley Leaves By K. Kubota, Y. Matsuoka, H. Seki, Faculty of Pharmaceutical Sciences, Science Univ. of Tokyo, Japan. Japanese Journal of Inflammation, Vol. 3, no. 4, 1983.

Superoxide dismutase (SOD) is well known for its potent anti-inflammatory action. Since barley grass is abundant in SOD, this study examined the juice of young barley grass and discovered that the anti-inflammatory effect was assisted by other proteins. These protein fractions were isolated and tested. Named P4D1 and D1G1, they are glyco-proteins that are both heat stable and highly soluble in water. In this experiment, male Wistar rats were induced with edema and then treated with the proteins orally, subcutaneously and by injection. No toxic signs were produced in the rats even at very high doses. Although SOD's effectiveness was significantly reduced with heat, "D1G1 was hardly reduced after heating to 100°C for 20 minutes."

"All of D1G1, P4D1 and SOD isolated from green barley juice revealed extremely potent anti-inflammatory activity, especially when they were injected intravenously. They significantly suppressed the carrageenan-induced edema in rats at very low doses..." Plus, both are chemically different from SOD and aspirin, also famous for its anti-inflammatory effects. "P4D1 and D1G1 seem to be much better anti-inflammatory agents than aspirin as far as they were concerned with intravenous administration."

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