

### 山楂酚类物质及其生物活性研究进展

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#### Phenolic Compounds and Their Bioactivities in Hawthorn (Crataegus spp.)

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摘要 山楂 (Crataegus spp.) 富含酚类物质, 主要包括: 原花青素、碳苷黄酮、黄酮醇及其糖苷、花青苷、酚酸等, 其中果实中以原花青素为主, 而碳苷黄酮和黄酮醇及其糖苷多分布于叶中。山楂酚类物质生物活性主要包括抗氧化、预防心血管疾病、降脂、消炎、抗肿瘤等。本文围绕山楂酚类物质的组分、含量、动态变化、分布、检测和生物活性等相关研究成果进行综述。

关键词: 山楂 酚类物质 生物活性

Abstract: Hawthorn (Crataegus spp.) is rich in phenolic compounds, including procyanidins, C-glycosyl flavones, flavonols and their glycosides, anthocyanins and phenolic acids, etc. Fruits are predominated by procyanidins, whereas C-glycosyl flavones, flavonols and their glycosides are mainly found in leaves. The phenolic compounds in hawthorn have shown various bioactivities such as antioxidant, cardioprotective, hypolipidaemic, anti-inflammatory, and anti-tumor effects, etc. In this paper, the distribution profiles, dynamic changes, detection methods of phenolic compounds in hawthorn as well as their bioactivities are reviewed with the objective of providing better understanding of current research on the health-promoting properties of hawthorn, which may eventually facilitate the development of hawthorn industry.

Keywords: hawthorn, phenolic compounds, bioactivities

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