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Effect of Lepidium sativum (Garden Cress) Seed Supplementation on Hemoglobin Levels in Elderly Individuals: A Case Series with Mechanistic Insights

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Abstract

Background: Anemia in elderly populations is associated with increased morbidity. Lepidium sativum seeds are traditionally used as a hematinic agent.

Objective: To evaluate the effect of standardized garden cress seed supplementation on hemoglobin levels.

Methods: Two elderly individuals (aged 87 and 76 years) received 10 g seed powder twice daily for 35–40 days.

Results: Hemoglobin improved from 6.0 to 7.2 g/dL and from 4.8 to 6.0 g/dL.

Conclusion: Garden cress seeds may support hemoglobin improvement. Further studies are required.

Keywords: Lepidium sativum, garden cress, anemia, hemoglobin, elderly, iron deficiency

Introduction

Anemia is common in elderly individuals due to nutritional deficiencies and chronic disease. Lepidium sativum seeds contain iron, folate, and vitamin C, suggesting hematinic potential.

Methods

Dose: 10 g twice daily (20 g/day)
Duration: 35–40 days
No reported medication or dietary changes.

Case Descriptions

Case 1: 87-year-old; Hb 6.0 → 7.2 g/dL (40 days).
Case 2: 76-year-old; Hb 4.8 → 6.0 g/dL (35 days).

Discussion

Observed improvements (~1.2 g/dL) suggest hematinic potential. Mechanisms include iron supplementation and enhanced absorption. Limitations include small sample size and lack of laboratory markers.

Conclusion

Garden cress seeds may be a supportive nutritional intervention for anemia. Controlled trials are needed.

Ethics

Informed consent was obtained. Patient identity protected.

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