Antimicrobial Activity of Walnut and Effect of Health

Pınar Şanlibaba, Hülya Ünver, Yalçın Güçer

Kalecik Vocational School, Ankara University, Kalecik, Ankara, Turkey
(pinarsanlibaba@hotmail.com)

Summary

The walnut tree (*Juglans regia* L.) is quite widespread in Turkey. Walnuts are grown naturally in almost all over Turkey suitable climate and geographic conditions for growth. Green husks and leaves are important part of walnut, because of their high antioxidative and antimicrobial activity. Phenolic compounds such as vanillic acid, catechin, caffeic acid, chlorogenic acid, juglan are demonstrated to contribute the overall antioxidant activity of the green husks and leaves of walnut. Also phenolic compounds possess antimicrobial activity, especially juglan. Methanol extracts of walnuts green husks and leaves are demonstrated high antimicrobial activity against bacteria, fungi etc. Furthermore, walnuts have been used widely and contain nutritive compounds with beneficial effects on human health. Walnut is very rich especially in protein, carbohydrate and oil contents. It is considered a good source of dietary minerals especially potassium, magnesium, calcium. The walnuts health benefits include cholesterol lowering, reducing inflammation and improving arterial function.

Key words: walnut, antimicrobial activity, health