Mangosteen Treatment For Cancer

How It Works

Various studies have shown that phytoceuticals in Mangosteen (in some cases known to be its xanthones) have properties such as: anti-tumor (shrinks tumors), anti-leukemia, antifungal (critical for all cancer patients), antibacterial (to protect DNA), antioxidants (at least two dozen different kinds of xanthones are in the mangosteen fruit), antiproliferation, kills cancer cells and causes apoptosis (programmed cell death) for some types of cancer. This is a pretty impressive list of cancer credentials!

Mangosteen Treatment

In keeping with the superb anti-cancer properties of many kinds of fruits, especially grapes and berries, mangosteen can be added to this exclusive list.

The mangosteen fruit (*Garcinia mangostana L.*) is grown in Thailand, Cambodia, Vietnam, India and several other countries. Most of the scientific research on this fruit involves about a half dozen of the two dozen known xanthones in this fruit. Most of the xanthones in Mangosteen have yet to be researched. Mangosteen has a wide range of benefits, perhaps most result from its xanthone phytoceuticals/antioxidants. However, mangosteen also contains: catechins, polyphenols, minerals and vitamins.

As an antioxidant, mangosteen is very high among plants:

- "A new laboratory test known as ORAC (Oxygen Radical Absorbance Capacity) has also shown that an ounce of mangosteen juice has 20 to 30 times the ability to absorb free radicals than one ounce of most fruits and vegetables. The ORAC test is one of the most accurate ways to measure the ability of antioxidants in a certain substance to absorb free radicals. The higher the ORAC score, the better the food is for the body."

Site is Down
Here are some of the xanthones in mangosteen:

alpha-Mangostin
beta-Mangostin
3-Isomangostin
Mangostanol
Gertanin
Garcinone A
Garcinone B
Garcinone C
Garcinone D
Garcinone E
Maclurin

In terms of direct studies on cancer, the following quote is related to cancer:

- "We found that antiproliferative effect of CME [crude methanolic extract] was associated with apoptosis on breast cancer cell line by determinations of morphological changes and oligonucleosomal DNA fragments. In addition, CME at various concentrations and incubation times were also found to inhibit ROS production. These investigations suggested that the methanolic extract from the pericarp [skin] of Garcinia mangostana had strong antiproliferation, potent antioxidation and induction of apoptosis. Thus, it indicates that this substance can show different activities and has potential for cancer chemoprevention which were dose dependent as well as exposure time dependent."


Here is another study:

- "Our results have shown that one of the xanthone derivatives which could be identified as garcinone E has potent cytotoxic effect on all HCC cell lines as well as on other gastric and lung cancer cell lines included in the screen. We suggest that garcinone E may be potentially useful for the treatment of certain types of cancer."

"Garcinone E, a Xanthone Derivative, has Potent Cytotoxic Effect Against Hepatocellular Carcinome Cell Lines" by Chi-Kuan Ho, Yu-Ling Huang and Chieh-Chih Chen
Some of the more impressive research on mangosteen involve leukemia:

- "We examined the effects of six xanthones from the pericarps of mangosteen, Garcinia mangostana, on the cell growth inhibition of human leukemia cell line HL60. All xanthones displayed growth inhibitory effects. Among them, alpha-mangostin showed complete inhibition at 10 microM through the induction of apoptosis."

More mangosteen scientific studies can be found at:
http://www.raysahelian.com/mangosteen.html

One of the nice things about mangosteen is not only that it tastes good, but is also anti-diarrheal, meaning you are not likely to get diarrhea from drinking too much Mangosteen.

Here is how to get toally unbiased information about Mangosteen (from Dr. Duke):

This is the world famous Dr. Duke's Agricultural Research Service:

1) Click on this website: http://www.ars-qrin.gov/duke/
2) Click on Chemicals and activities,
3) Select 'Common Name' then type in 'mangosteen' in the search box,
4) Select 'Print chemical activities after chemicals' then Submit Query. Read all the way down the page.