

Purslane (Ghol Bhaji): A Functional Food Crop with Nutritional, Medicinal Use and Assessment of Pharmacology Activity

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Abstract: Purslane (*Portulaca oleracea* L.) GHOL BHAI is a globally prevalent summer weed that holds significant promise as a cultivated crop. Recognized for its exceptionally high content of omega-3 fatty acids—particularly alpha-linolenic acid—it also contains a range of powerful antioxidants, including α -tocopherol, α -carotene, vitamin C, and glutathione. Noteworthy characteristics include its rich crude protein levels, polysaccharides suitable for gum production, and notable resistance to saline conditions. This review explores the plant's origins, as well as its botanical and physiological attributes. In addition, it highlights the nutritional and medicinal benefits of purslane based on various chemical studies. The article concludes by assessing its agricultural potential, particularly in the context of pre-packaged salad mixes and other horticultural applications.

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