

## ANTIOXIDANT ACTIVITY, TOTAL FLAVONOID, TOTAL PHENOLIC AND ANTHOCYANIN CONTENTS OF *CYNARA SCOLYMUS L.* LEAVES AND *TRIGONELLA FOENUM-GRÆCUM L.* SEEDS

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**Abstract.** *In the present comparative study we are analyzing the antioxidant activities, total flavonoid, total phenolic and total anthocyanin contents of artichoke (Cynara scolymus L.) and fenugreek (Trigonella foenum-græcum L.) extracts. Aqueous and alcoholic extracts were made from equal amounts of artichoke leaves and fenugreek seeds. The obtained results are indicating that the aqueous artichoke and fenugreek extracts antioxidant capacities are similar, while the corresponding alcoholic extracts antioxidant capacities are greatly reduced. The total phenolic content of alcoholic artichoke and fenugreek extracts was much greater than in case of the corresponding aqueous extracts. The anthocyanin type of flavonoids were not detected in any of our extracts made of artichoke leaves and fenugreek seeds. In case of artichoke leaf or fenugreek seed extracts, the total flavonoid and total phenolic contents, presumably, have very little if any involvement in the antioxidant capacities of artichoke and fenugreek, respectively.*

**Keywords:** artichoke, fenugreek, DPPH, flavonoid, polyphenols, anthocyanin

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