

# PROPERTIES AND THERAPEUTIC APPLICATION OF FLAX SEED FIBER IN MEDICAL TEXTILES

JANARTHANAN.M

Assistant Professor, Department of Fashion Technology, Angel College of Engineering and Technology,  
Tirupur, Tamilnadu, India

## ABSTRACT

Flax (*Linum usitatissimum* L.) is an annual plant, 18 -36 inches tall, with small and thin leaves and blue flowers. Flax seed is brown but modern varieties with golden seeds are also available. Flaxseeds are an excellent source of omega-3 essential fatty acids. They are a very good source of dietary fiber and manganese. They are also a good source of folate and vitamin B<sub>6</sub> as well as the minerals such as magnesium, phosphorus, and copper. In addition, flax seeds are concentrated in lignan phytonutrients. [Lignans](#), which are antioxidants, are also associated with lower serum cholesterol and may help reduce oxidative damage to cells and cellular molecules from [free radicals](#). Flax seed may also helps for lower blood glucose and improve insulin tolerance. Flax seed may also reduce serum total cholesterol and low-density lipoprotein [cholesterol](#), some markers of inflammation, and raise serum levels of the omega-3 fatty acids, ALA. With the burgeoning interest in natural fibers for a variety of industrial uses, flax fibers provide the potential to supply these applications from diverse, nontraditional linen sources. Flax fiber is used in the textile industry for linen cloth. The flax fiber cloth used in medical purpose like cancer and wound healing etc.

**KEYWORDS:** Omega-3-Fatty Acids, Anti-Cancer, Diabetes, Reduce Cholesterol, Anti Oxidant Activity