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Biological Activities and Extraction Technologies of Pheonix dactylifera: A Review

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Abstract

Date palm (*Pheonix dactylifera* L.) has long been known for its medical benefits. In this review, the therapeutic properties of *P. dactylifera* are presented in light of the analysis of huge past reviews that reported the bioactivities of both flesh and seed of this fruit. The reported bioactivities of *P. dactylifera* included antioxidants, anti-cancer, aphrodisiac, antimicrobial, and anti-diabetic properties. This review additionally highlights the extraction technologies (Soxhlet, maceration, heat under reflux, Supercritical Fluid Extraction (SFE) and microwave assisted extraction) that were utilized as part of the extraction of *P. dactylifera*. This is because the quality and amount of the extraction yield depend on the extraction technology used.

Accordingly, this review aims for underlining the potentials of *P. dactylifera* by compiling available data on the bioactivities and extraction technologies used to set the directions for the improvement of future research of this fruit.

Keywords

Author Keywords: *Pheonix dactylifera* L.; bioactivity; antioxidants; anti-cancer; aphrodisiac; antimicrobial; anti-diabetic; extraction technologies; supercritical fluid extraction

KeyWords Plus: FRUITS PHOENIX-DACTYLIFERA; ANTIOXIDANT ACTIVITY; DATE FRUITS; PHYSICOCHEMICAL PROPERTIES; L. VARIETIES; CHEMICAL-COMPOSITION; PHENOLIC COMPOSITION; BIOACTIVE COMPOUNDS; CULTIVARS; CAPACITIES

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