**RESEARCH NOTES**

The Changes in Proximate Composition, Antioxidant Activity and Fatty Acid Profile of Germinating Safflower (*Carthamus tinctorius*) Seed

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**ABSTRACT**

In this work, the effect of three-day germination on proximate composition, total phenolic compounds, fatty acid profile, vitamin C content, radical scavenging activity, malondialdehyde content and reducing power of safflower seed was investigated. Apart from ash, other parameters including oil, protein and crude fiber contents decreased significantly during germination. Phenolics content increased gradually from 4.72 to 9.51 mg g⁻¹. Vitamin C sharply increased at the beginning of germination (4.22 to 7.04 mg 100 g⁻¹ after 1-day germination) and after that no significant difference was observed. Germination improved the quality of safflower oil by increasing the unsaturated and decreasing the saturated fatty acids (about 5%). Results indicated that germination could be a suitable bioprocess to improve chemical composition and nutritional value of safflower seed.

**Keywords:** Antioxidant activity, Germination, Malondialdehyde, Oil, Phenolic.

**INTRODUCTION**

Safflower (*Carthamus tinctorius Linn*) is a deep-rooted crop that belongs to the Cynareae tribe, subfamily of *Tubulifloreae* and *Asteraceae* family. This genus is an Eastern Mediterranean genus with about 25 species (Mokhtari *et al*., 2013). Safflower has been cultivated since ancient times with about 25 species (Mokhtari *et al*., 2013). Safflower has been cultivated since ancient times for its flowers and oil rich seeds (Tonguc *et al*., 2012). This plant has been used as herbal medicine in Korea for the promotion of bone formation and in the treatment of osteoporosis and rheumatism (Koyama *et al*., 2006). It is found that safflower oil has the highest quantity of linoleic acid as well as tocopherol among other edible oils (Mokhtari *et al*., 2013).

Germination or sprouting is a critical period in plant life in which the nutrient composition and certain functional properties of seeds might be improved. During sprouting, complex starch and proteins break down to simple units and the content of some components with antioxidant activity would be increased.

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Tonguc et al. (2012) studied the seed composition of two safflower cultivars during germination and early seedling growth and observed that significant changes took place in the oil, protein and sugar metabolism. Sadeghi et al. (2011) showed that the seed size was significantly effective on germination percent, germination speed, coleoptiles fresh weight, radicle dry weight and 1000 seeds weight.

Since there is no comprehensive research on the changes in safflower seed composition during germination, the objective of this study was to evaluate the variation in proximate composition, vitamin C, phenolic content, reducing power and fatty acids profile of safflower seeds.

MATERIALS AND METHODS

Materials

Safflower seeds were purchased from Pakan Bazr Co. (Isfahan, Iran). All solvents and chemicals were of analytical grade and obtained from Merck (Darmstadt, Germany). 1,1-diphenyl-2-picrylhydrazyl radical (DPPH) and pure fatty acids as standards including myristic, palmitic, stearic, oleic, linoleic and linolenic acids were purchased from Sigma Chemical Co. (St Louis, MO).

Germination

After cleaning, safflower seeds were soaked in 15% sodium hypochlorite solution for 10 minutes at room temperature in the dark. Afterwards, the seeds were washed with distilled water until they reached to neutral pH. Then, the seeds were soaked in deionized water for 90 minutes. The imbibed seeds were drained and placed in germinator at 22°C and 75% relative humidity for 3 days without light. The seeds were hydrated manually by occasionally spraying sterile water. Finally, the un-germinated and germinated seeds were dried, milled and then stored in 18°C for chemical analysis. Moreover, some properties such as germination percentage, raw seed, sprout weight and length of shoots were determined every 24 h during germination.

Proximate Analysis

For proximate analysis, the seeds were ground into powder using coffee grinder. The content of moisture, total ash, crude fat, protein and crude fibre of samples were measured according to the Association of Official Analytical Chemists (AOAC, 2002).

Extraction and Determination of Phenolic Compounds

The phenolic extraction was conducted according to the method described by Zielinska-Dawidziak and Singer (2012). Total phenolic content (TPC) of the extracts was determined by a spectrophotometric method according to Singleton et al. (1995). The results were expressed as mg of gallic acid equivalents (GAE) 100 g⁻¹ of sample (dry basis).

Reducing Power Assay

The reducing power assay was determined according to the method of Oyaizu (1986).

Radical Scavenging Activity

The antioxidant activity of the extracts was measured by the DPPH radical scavenging method (De Ancos et al., 2002). The result was expressed as percentage of DPPH inhibition and calculated according to the following equation:

\[
\% \text{ Inhibition of DPPH} = \left( \frac{Abs \text{ control} - Abs \text{ sample}}{Abs \text{ control}} \right) \times 100
\]

Where, Abs control is the absorbance of the DPPH solution without the extracts.
Table 1. Safflower germinated seed characteristics during three-day germination.\textsuperscript{a}

<table>
<thead>
<tr>
<th>Germination (Day)</th>
<th>Germination rate (%)</th>
<th>Shoot length (mm)</th>
<th>Seed weight (g)</th>
<th>Sprout weight (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>89.08±1.02</td>
<td>8.29±0.36</td>
<td>0.051±0.0</td>
<td>0.015±0.00</td>
</tr>
<tr>
<td>2</td>
<td>87.42±0.45</td>
<td>14.20±0.19</td>
<td>0.057±0.0</td>
<td>0.011±0.00</td>
</tr>
<tr>
<td>3</td>
<td>89.32±0.78</td>
<td>21.06±0.61</td>
<td>0.071±0.0</td>
<td>0.024±0.00</td>
</tr>
</tbody>
</table>

\textsuperscript{a} Results are mean of three determinations±SD. Values with different letters in each column represent significant difference (P<0.05).
while seed moisture increased (P<0.05). The moisture content significantly varied from 4.4 to 58.2% in germinated seeds. As germination proceeded, the seeds took up water from the surrounding in order to commence the metabolic process (Megat-Rusydi et al., 2011).

A significant decrease in protein content was observed as germination progressed. The decline in protein content during germination was in agreement with observations reported on seed germination of safflower seed (Kim et al., 2008). The reduction in protein content may attribute to its utilization in germination process.

The oil content of safflower seeds dropped steadily throughout the germination. As shown in Table 2, following germination for three days, a significant decline in lipid content from 29.67 to 7.62% (about 74.31% decrease) was observed (P<0.05). The lipids stored in seed oleosomes are the major source of energy during germination and the early periods of seedling growth. In fact, lipids are being degraded into fatty acids which are utilized to produce energy through β-oxidation. The crude fat content of sesame seed significantly decreased accompanied by germination time (Liu et al., 2011).

In this study no difference between ash content in different stages of germination was observed. This result was similar to Badifu (2001) who reported that no noticeable changes were found in ash content of Cucurbitaceae seeds during germination.

Crude fiber decreased significantly from 31.8 to 15.4% during germination. As germination progressed, partial utilization of cell wall carbohydrate can occur and consequently, the content of structural carbohydrates such as lignin and cellulose can be affected negatively with the duration of germination. Also, Hooda and Jood (2003) reported a decrease in soluble dietary fiber of fenugreek seeds on germination because of enzymatic activity of α-galactosidase.

| Table 2: Chemical composition, Total Phenolic Content (TPC), DPPH inhibition and reducing power of safflower seed during germination. |
|---|---|---|---|---|
| Germination (Day) | Moisture (%) | Fat (%) | Ash (%) | TPC (mg gallic acid/100 g) | DPPH inhibition (%) | Reducing power (mmol gallic acid/100 g) |
| 0 | 4.46±0.26 | 19.49±0.42 | 31.87±1.71 | 29.67±0.00 | 10.97±1.21 | 9.51±0.24 |
| 1 | 4.61±0.34 | 18.72±0.40 | 29.05±0.00 | 29.50±0.40 | 11.37±0.23 | 9.31±0.25 |
| 2 | 4.75±0.43 | 18.05±0.00 | 27.90±0.40 | 29.45±0.00 | 11.57±0.23 | 9.39±0.25 |
| 3 | 4.82±0.34 | 18.05±0.00 | 27.90±0.40 | 29.45±0.00 | 11.57±0.23 | 9.39±0.25 |
| All values for protein, crude fiber and ash are presented on moisture free basis. Results are mean of three determinations. | a, b, c, d |

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Total Phenolic Content

Table 2 shows that phenolics content gradually increased with germination time (from 4.72 to 9.51 mg g$^{-1}$). This may be due to the fact that in early stages of germination, the seed requires high oxygen concentration and therefore phenolics can protect the cells against potential oxidation-induced stress (Andarwulan et al., 1999). Liu et al. (2011) found that the TPC of sesame seed changed from 0.51 to 13.42 mg GAE g$^{-1}$ dry matter after 5-day germination.

Antioxidant Properties

The extract of 3-day germinated seed showed the highest radical scavenging activity (63.6%) compared to un-germinated (50%) seed (Table 2). This may be due to the presence of highest TPC in three-day germinated seeds, since the % DPPH inhibition is directly correlated with TPC (Alothman et al., 2009).

The iron reducing power of seed extracts was also determined and shown in Table 2. As observed in DPPH inhibition, germinated seed extract exhibited an increase in reducing power over the period. Phenolic compounds are essential to the plant growth and stress response and there is a close correlation between the content of total phenolic and its antioxidant activity due to the singlet oxygen quenching and free radical scavenging properties (Gujral et al., 2011).

Malondialdehyde

During seed germination and development, the cellular levels of reactive oxygen species (ROS) would increase and malondialdehyde (MDA) is considered as a sensitive marker commonly used for assessing membrane lipid peroxidation (Bailly et al., 1996). MDA content increased gradually (from 1060 to 2735 mol g$^{-1}$ FW) during the 3-day germination which implied that lipid peroxidation increased as germination proceeded (Figure 1).

Vitamin C

Figure 2 shows that ascorbic acid concentration increased on the first day from 4.22 to 7.04 mg 100 g$^{-1}$ while after that it was constant until the end of germination. Ascorbic acid has been directly implicated in the modulation of plant growth, including the early stage of embryos germination (Tommasi et al., 2001). Some researchers showed that the increase in vitamin C content during germination was pertained to the increase in activity of key enzymes in ascorbic acid biosynthesis pathway such as L-Galactono-γ-lactone dehydrogenase (GLDH, EC 1.3.2.3) (Pérez-Balibrea et al., 2011).
The percentage of saturated fatty acids (SFAs), monounsaturated fatty acids (MUFAs) and polyunsaturated fatty acids (PUFAs) in germinated and non-germinated safflower samples are shown in Table 3. Saturated fatty acids were affected by germination as they decreased from about 16% in un-germinated seeds to about 11% in germinated samples. This result was in agreement with Mariod et al. (2012) who reported 2% reduction in SFA and a little decrease in total monounsaturated fatty acids by germination in black cumin seeds, although in this work, oleic acid decreased from about 20 to 18% through germination. On the contrary, Hahm et al. (2009) reported that oleic acid was increased after germination in sesame seeds. During germination, linoleic acid content showed an overall increase of 4.07%. In general, polyunsaturated fatty acids increased from 82.3% in raw seeds to about 85% in germinated samples and so, germination improved the quality of safflower oil by increasing unsaturated and lowering saturated fatty acids content.

CONCLUSIONS

As shown in this study, germination had a significant effect on chemical composition and nutritional value of safflower seed. As sprouting progressed, ascorbic acid, total phenolic and antioxidant activity increased. Furthermore, saturated fatty acid reduced about 5% and an increment of 2.5% in unsaturated fatty acids was observed.

REFERENCES


Table 3. Fatty acids composition (%) obtained from native safflower seeds and during germination.

<table>
<thead>
<tr>
<th>Germination (Day)</th>
<th>C14:0</th>
<th>C16:0</th>
<th>C18:0</th>
<th>C18:1</th>
<th>C18:2</th>
<th>C18:3</th>
<th>SFAs</th>
<th>USFAs</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>0.61</td>
<td>11.94</td>
<td>3.41</td>
<td>19.94</td>
<td>62.14</td>
<td>0.20</td>
<td>15.96</td>
<td>82.28</td>
</tr>
<tr>
<td>1</td>
<td>0.54</td>
<td>9.84</td>
<td>2.51</td>
<td>17.90</td>
<td>66.14</td>
<td>0.31</td>
<td>12.89</td>
<td>84.35</td>
</tr>
<tr>
<td>2</td>
<td>0.61</td>
<td>10.82</td>
<td>3.18</td>
<td>17.97</td>
<td>65.87</td>
<td>0.81</td>
<td>14.61</td>
<td>84.65</td>
</tr>
<tr>
<td>3</td>
<td>0.18</td>
<td>7.80</td>
<td>3.28</td>
<td>18.16</td>
<td>66.21</td>
<td>0.44</td>
<td>11.26</td>
<td>84.81</td>
</tr>
</tbody>
</table>

*14:0, Myristic acid; 16:0, Palmitic acid; 18:0, Stearic acid; 18:1, Oleic acid; 18:2, Linoleic acid; 18:3, Linolenic acid; SFAs, Saturated fatty acids; USFAs, UnSaturated fatty acids.*


تفیایات ترکیبات اولیه فعالیت آنتی اکسیدانی و پروفیل اسیدهای برو در طی جوانه‌زنی

دانه گل‌پک

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چکیده

der این مطالعه، اثر جوانته زنی سه روزه بر ترکیبات اولیه، میزان ترکیبات فنولیک، پروفیل اسید جرب، میزان ویتامین C فعالیت پاژدارندگی رادیکال آزاد، محتوی مالمون دی آلدهید و قدرت احیاکننگی دانه گل‌پک مورد بررسی قرار گرفت. به غیر از خاکستر، سایر پارامترهای مانند روغن، پروتئین و فیبرخام به طور معنی‌داری کاهش یافت. میزان ترکیبات فنولیک به تندریج از 4/72 به 4/22 در 5/41 میلی گرم بر گرم افزایش یافت. ویتامین C در شروع جوانه‌زنی به سرعت افزایش داشت (از 3/72 به 7/04 میلی گرم بر 100 گرم پس از یک روز جوانه‌زنی) و پس از آن تغییر معنی‌داری مشاهده نشد. جوانه‌زنی کیفیت روغن گل‌پک را با افزایش اسیدهای جرب غیر اشبع و اسیدهای جرب اشبع (حدود 1/5) بهبود بخشید. نتایج نشان داد که جوانه‌زنی می‌تواند یک فرآیند زیستی مناسب جهت بهبود ترکیبات شیمیایی و ارزش تغذیه‌ای دانه گل‌پک باشد.