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#### **Review Article : Open Access**

# **Advanced metabolomics tools for unveiling the phytomedicine potential of spices and their therapeutic applications in pharmacology**

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#### **1. Introduction**

Spices have been an essential part of the human diet for centuries. They are used to add flavor, aroma, and color to food. In addition to enhancing taste, spices have numerous health benefits. They contain antioxidants, antimicrobial agents, and have antidiabetic properties, among others. These benefits are due to the presence of phytochemicals or metabolites, which are small molecules found in spices. Plant metabolomics is the study of all the small molecules or metabolites present in a plant, and it has gained significant interest in recent decades (Gupta *et al.*, 2024). A metabolome is the complete set of low-molecular-weight metabolites in an organism, resulting from gene expression, protein function changes, and environmental factors. It is highly variable and depends on spatial and temporal factors. A plant's metabolomic profile varies based on organ or tissue. Plants produce around 100,000 metabolites, and the model plant alone produces 5,000 (Joshi *et al.*, 2024). Plant species remain incompletely characterized biochemically, with many detected compounds awaiting identification. Metabolomics has expanded since its inception and is now applied to study wild and cultivated plants

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to understand their metabolism. Early research was on model plants, focusing on primary metabolic pathways, which later expanded to important secondary metabolites (Hong *et al.*, 2016). Plant metabolomics is vital for understanding plant functions and interactions with the environment. It identifies important metabolites and correlations of disease pathogenesis. It also screens secondary metabolites for stress resistance, antimicrobial properties, and quality attributes. Advancements in measuring small molecules detect and quantify numerous metabolites which act as biomarkers to detect dysregulation. Overall, metabolomics comprehensively understands the biochemical composition of medicinal plants and their pharmacological activities (Waris *et al.*, 2022). This review illuminates recent advancements in metabolomic research and its diverse applications in phytomedicine and pharmacology, including the utilization of various software and databases for efficient data analysis.

# **2. Medicinal spices and herbs in Indian culinary tradition**

Nutraceutical and life sciences industries are increasingly exploring the therapeutic potential of herbs and spices, integrating them into fortified foods and organic medicines. Turmeric, scientifically known as *Curcuma longa* L., is a staple ingredient in Asian cuisine renowned for its nutritional and pharmacological value (Dudekula *et al*, 2022). Rosemary (*Rosmarinus officinalis* L.) is widely used in cooking, especially as a seasoning for meat dishes, owing to its aromatic properties and potential health advantages. Yarrow (*Achillea*

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*millefolium* L.) finds application in salads and herbal teas, with its bitter taste considered refreshing. Red pepper (*Capsicum annuum* L.) is rich in beta-carotene, capsaicin, and vitamins A and C, offering various health benefits, including liver disease prevention. Fenugreek (*Trigonella foenum-graecum* L.) serves as a versatile spice in culinary preparations and is valued in the pharmaceutical and functional food industries for its medicinal properties. Garlic (*Allium sativum* L.) is renowned not only for its flavor-enhancing properties but also for its potential role in preventing various cancers. Onions (*Allium cepa* L.) are used widely in cooking and salads and are recognized for their health benefits attributed to their high content of organosulfur compounds and flavonoids. These herbs and spices not only add flavor to dishes but also contribute to overall health and well-being when incorporated into the diet regularly (Pooja *et al.*, 2023; Vasanthkumar, 2023).

# **3. Therapeutic potential of spice metabolites**

Spices contain a wealth of therapeutic compounds such as thymol, eugenol, curcuminoids, linalool, zingiberene, piperine, alpha crocin, coriandrol, cuminaldehyde, and capsaicin. These compounds offer a diverse range of pharmacological benefits, including antimicrobial, antioxidant, anticarcinogenic, antiemetic, antimutagenic, antihypertensive, antidiabetic, anticonvulsive, antifungal, antiviral, hypolipidemic, chemoprotective, and prebiotic activities. Turmeric (*C. longa*)*,* with its main active component curcumin, offers potent anti-inflammatory effects that can alleviate arthritis symptoms like joint pain and stiffness. It is also renowned for its antimicrobial, antidiabetic, and anticancerous properties (Vali *et al*., 2022). Cinnamon (*Cinnamomum verum* J. Presl)*,* containing cinnamaldehyde, aids in managing diabetes by improving insulin sensitivity and regulating blood sugar levels. Garlic *(A. sativum),* rich in allicin, contributes to cardiovascular health by reducing blood pressure and cholesterol levels, thus lowering the risk of heart disease. Ginger's (*Zingiber officinale* Roscoe) antiemetic properties, attributed to compounds like gingerol, make it effective against nausea and vomiting, particularly beneficial for pregnant women and those undergoing chemotherapy. Black pepper (*Piper nigrum* L.), containing piperine, enhances digestive function by stimulating enzyme secretion, relieving indigestion, and promoting overall digestive health. Red chilli (*C. annuum*) capsaicin content offers pain relief for conditions like arthritis and migraine headaches, often utilized through topical creams. Cloves (*Syzygium aromaticum* L.)*,* due to eugenol, provide dental health benefits by alleviating toothache and combating oral bacteria, thus contributing to improved oral hygiene (Pooja *et al.*, 2023).

#### **4. Need for metabolomics in spice crops**

Spices have been traditionally known for their beneficial effects on human health and as preservatives in food (Eneojo and Martins, 2024). Spices are rich in phytochemicals and this expands their use in nutritional and therapeutic areas. Studies in the past decade have revealed the potential of many spices as therapeutics such as the effectiveness of curcuminoids against COVID-19 (Vali *et al.,* 2022). Bioactive compounds of spices with pharmacological activities and traditional uses have been briefed in Table 1. Metabolomic studies of only a handful of spices have been reported so far. This puts us under an obligation to expand metabolomic studies to spice crops. Numerous bioactive compounds with functional properties are yet to be identified and the pharmacological activities of the identified bioactive compounds are yet to be validated. This can be done using integrated omics sciences (Matthews *et al.*, 2016).

$\overline{\textbf{S.No.}}$ Crop		Main bioactive compound structure	<b>Traditional uses</b>	<b>Bioactive</b> compounds	Pharmacological activities	<b>References</b>
1.	Acorus calamus L (Acoraceae) Sweet flag	Beta-asarone $(C_{12}H_{16}O_3)$	Leaves, stems, and rhizomes for flavor and aroma/remedy for digestive disorder, bronchitis, sinusitis	Beta-asarone, fatty acids, sugar, acorenone, etc.	Antimicrobial, antioxidant, insecticidal activities, anticonvulsant,. neuroprotective, etc.	Zhao et al., 2023
2.	Allium sativum L. (Amaryllidaceae) Garlic	Allicin $(C_6H_{10}OS_2)$	Leaf and clove for seasoning and flavor- ing/remedy for fevers, colic, flatulence, diabetes, rheumatism, intestinal worms. dysentery, liver disorders, high blood pressure and bronchitis	Allicin, alliin, ajoene, diallyl sulfide, diallyl disulfide, diallyl trisulfide, S-allyl-cysteine, etc.	Antioxidant, anti-inflammatory, Tiwari et al., 2023 antibacterial, antifungal, immunomodulatory, cardioprotective, anticancer, hepatoprotective, antidiabetic, etc.	
3 <sub>1</sub>	Allium cepa L. (Amaryllidaceae) Onion	Diallyl sulfide $(C_6H_{10}S)$	Leaf and bulb for seasoning and flavoring, as vegetable/remedy for bruises, colic, colds, fever, earache, bronchitis, intestinal	saponins, etc.	Flavonoids, organo-Antioxidant, antimicrobial, sulfur, phytosterols antidiabetic properties, beneficial against hyper- lipidemia and hypertension, etc.	Stoica et al., 2023

**Table 1: Bioactive compounds and pharmacological activities of spices**



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![](_page_3_Picture_495.jpeg)

![](_page_4_Picture_328.jpeg)

# **5. Metabolomic techniques**

Metabolome studies are intricate and require various analytical techniques for effective analysis. Due to the complexity of the metabolome, multiple analysis methods are necessary. Nuclear magnetic resonance (NMR) spectroscopy and mass spectrometry (MS) are common techniques used in metabolomic studies. Highthroughput metabolomic techniques have enabled simultaneous measurement of steady-state levels of metabolites (Yin *et al.*, 2023). Mass spectrometry techniques like LC-MS and GC-MS can identify new metabolic regulations from existing pathways with high sensitivity. This generates extensive data for analyzing metabolites and studying the impact of metabolic regulations on cellular pathways and plants (Manickam *et al.*, 2023). Metabolomics uses mass spectrometry or nuclear magnetic resonance to classify metabolites. Preprocessing involves noise reduction, peak detection, and chromatographic alignment. Quality control separates data of different quality and determines variance. Statistical analysis identifies abnormal changes. Significant metabolites are ranked based on a reliable threshold using an appropriate p-value. Pathway analysis identifies pathways that substantially impact biological processes (Chen *et al.*, 2022). The metabolomic process or workflow is summarized in Figure 1.

![](_page_4_Figure_4.jpeg)

**Figure 1: Workflow of metabolomics procedure.**

## **6. Metabolite identification and annotation**

Identifying and quantifying metabolites is complex and requires careful data processing. Mass spectrometry provides reliable data in the form of mass-to-charge ratio (m/z) and relative ionized compound intensity. The analysis is improved by combining with chromatographic separation methods. Normalization reduces technical variation and misidentification. Compound identification is done by comparing mass spectrometry data with authentic standard data in libraries or public databases (Chen *et al.*, 2022). Standardizing and sharing metabolomic data from plants and crops is crucial for their effective utilization and promotes data transparency for further exploration and analysis (Kisiel *et al.*, 2023). Correctly annotating biological features is important to reduce data complexity. Spectra can be compared to databases to identify metabolites. Credentialing

omits artifactual features and confirms biological origin, increasing confidence and preventing bioinformatic noise by 15% (Fukushima *et al.*, 2022).

Many metabolome databases have been established and made public. However, data sharing is still delayed, affecting data reanalysis, reusability, and reproducibility. More information sharing is needed (Godzien *et al.*, 2018). Databases such as RIKEN Plant Metabolome Meta-Database store metabolite profiling data in a detailed and structured format that includes information about the sampling and experimental procedures (Figure 2). This database offers intuitive and interactive features, such as metabolite annotations, raw data, and mass spectra. It makes it easy for users to manipulate plant metabolome data in a user-friendly and interactive manner. The database supports raw data in netc. DF format, mass spectra in NIST MSP format, and annotations for metabolites. RIKEN Plant Metabolome Meta-Database stores plant metabolome data in an interactive format, offering features like metabolite annotations, raw data, and mass spectra. The database supports raw data in netc.DF format, mass spectra in NIST MSP format, and annotations for metabolites (Zheng *et al.*, 2024). A summary of the available software tools for data from various instruments is listed in Table 2.

![](_page_5_Figure_3.jpeg)

**Figure 2: Biological flow of information from genome to metabolome.**

![](_page_5_Picture_232.jpeg)

![](_page_5_Picture_233.jpeg)

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![](_page_6_Picture_399.jpeg)

#### **7. Challenges and future prospects**

Metabolomics faces several significant challenges, including the complexity of the plant metabolome, which has a dynamic range, and technical issues with metabolite identification. Additionally, the high cost of analytical platforms and complex data analysis/ interpretation, especially in spices, pose challenges. Researchers may omit essential and biologically meaningful metabolites while setting filtering thresholds for metabolite intensity to reduce noise. Moreover, novel metabolites or metabolites not curated in databases are often ignored by researchers due to a lack of awareness. Data streaming for cloud-based metabolomics can help overcome the challenge of slow data transfer speeds during data file uploads. However, relying on metabolite databases remains a challenge in metabolomics as they are not always comprehensive, and some metabolites cannot be traced to any metabolic pathways. New tools and platforms in metabolomics will help unlock its full potential in crop research. Automated workflows with data upload, processing, identification, and pathway analysis will improve efficiency. Focusing on metabolic pathways, rather than individual metabolites, can help identify the causes of disrupted pathways. Additionally, the metabolomics of spice crops have huge medicinal applications in drug delivery and food fortification, and their additional uses as future prospects further highlight the importance of addressing the challenges in this field.

# **8. Conclusion**

Plant metabolomics is an important technology for understanding plant biochemistry, physiology, and their responses to genetic and environmental changes. However, it is currently limited to only a few plant species and needs to be expanded. Metabolomics can help in drug discovery, identifying gene function and biomarkers of desirable plant traits, and predicting plant responses to stresses. It can also be integrated with other omics for targeted improvements in crop quality and yield, increasing resilience in the dynamic environmental future. The field is rapidly developing and can be a major game changer for global food security and plant-based production.

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# **Conflict of interest**

The authors declare no conflicts of interest relevant to this article.

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