

Thromboxane

Thromboxane is a member of the family of lipids known as eicosanoids. The two major thromboxanes are [thromboxane A2](#) and thromboxane B2. The distinguishing feature of thromboxanes is a 6-membered ether-containing ring. Thromboxane is named for its role in clot formation.

The anti-inflammatory properties of [NSAIDs](#) are primarily due to inhibition of the enzyme [cyclooxygenase](#) (COX) which participates in the synthesis of [prostaglandins](#) and [thromboxanes](#) ¹⁾

Fish Oil (Omega-3 Fatty Acids) is used for the treatment of [dyslipidemia](#) and [hypertriglyceridemia](#). Fish oil may affect platelet aggregation by a reduction in [arachidonic acid](#) and [thromboxane](#) and [adenosine diphosphate receptor](#) blockade. Fish oil may also potentially lengthen bleeding times ^{2) 3) 4)}.

Garlic (*Allium sativum*): purported benefits include lowering blood pressure, preventing infection and myocardial infarction, and treating [hypercholesterolemia](#). Garlic has an antiplatelet effect through [ADP](#) receptor blockade, and reducing calcium and [thromboxane](#) ⁵⁾. Garlic may potentiate the antiplatelet or anticoagulant effect of [aspirin](#) or [warfarin](#) ⁶⁾.

[Ginseng](#) (*Panax ginseng*) has [antiplatelet](#) activity through [thromboxane](#) inhibition and platelet-activating factor ⁷⁾.

Some authors also advocate cautious use of ginger and vitamin E when planning a surgery, but the exact antiplatelet mechanism is unclear ⁸⁾.

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