

Flax: a valuable economic crop with a boon of natural products for human welfare

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Flax, or linseed, is a plant morphotype that produces commercially important linen fibre and oil respectively. The domestication history of flax is understood from the documents of various ancient civilisations. Flax cultivation eventually spread across the globe over time based on its selective products. Flaxseed and oils are recognised for their health-enhancing attributes owing to elevated contents of polyunsaturated fatty acids, including α -linolenic acid and lignans. Among its other diverse uses, flax fibre is significant in the textile industry. Research on flax is advancing in the areas of molecular genetics and breeding, genomics, and cutting-edge genetic engineering techniques, including genome editing. The breakthroughs in research and increased awareness of its natural products and health benefits may contribute to the economic development of farmers and the nation.

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