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Comparative study of the effect and efficacy of *Sesame* oil and *Ghee* on the blood lipid level

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Abstract

In Ayurveda treatments there is a purification method name as purgation mainly aimed at reducing *Pitta Dosha* in which *Dosha* is expelled out through the anal passage. Before the purgation therapy *Snehapana* is done. Generally sesame oil and ghee oil are used in *Snehapana*. When applying oil internally, blood lipid level can be changed. Various researches have been already carried out on blood lipid level, yet there is a lacuna in the management of blood lipid level. Therefore, this study was undertaken to examine and compare sesame oil and ghee oil on the blood lipid level in the body after the purgation therapy. Hence in the present clinical study, 16 patients were selected and divided into 2 groups. The sesame oil was given to group A and ghee oil was given to group B. All the patients were investigated for total cholesterol level, HDL, Triglyceride, LDL, VLDL and total cholesterol / HDL ratio before and after treatment. According to data, when sesame oil was applied, patient's total cholesterol, HDL, LDL mean value decreased but ghee oil applied patient's mean values increased after the treatment. But triglyceride mean value increased after the treatment of both oils. But there was not a significant treatment effect. When considering the overall results of this study, according to the mean value sesame oil can be applied to increased blood lipid level patients but ghee cannot be used.

Keywords: LDL (Low density Lipoprotein), HDL (High Density Lipoprotein)

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