

REVIEW ON THE EFFECT OF ORAL ADMINISTRATION OF TWO DIFFERENT OILS IN HYPERLIPIDEMIA PATIENTS

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Hyperlipidemia is one of the health burdens in the world. As per the Ayurveda classics, it can be co-related with Medoroga. Ayurveda perspectives and scientific studies have shown effectiveness of Virechana on Hyperlipidemia; nevertheless, oil ingestion in high doses is mandatory before Virechana. Still it is controversial on Hyperlipidemia patients. This is an attempt to rectify the oil ingestion and discuss the efficacy of two commonly used oils; ghee & sesame oil on hyperlipidemia by compilation of pharmacological, Bio-chemical and Therapeutic attributes. Hence, it was designed to cover the literature of Ayurveda & modern scientific findings. Studies have shown a significant lowering of cholesterol by ingested oil as not seated in body tissues. Eventually, enhancing digestion and lowering lipoproteins in the blood. As Ayurveda pharmacology sesame has Madura, KashayaRasas, sukshma, Vyavai, Laghu, UshanGunas, UshnaVeerya, Madura Vipaka properties. Ghee has Madura Rasa, Guru, Snigda, SheethaGunas, SheetaVeerya, Madura Vipaka properties. As per the analysis ghee contain 47.8% Saturated fatty acids (FA), 15%-18% Monosaturated FA, 3%-6% polyunsaturated FA. But sesame oil contain 39.7% Monounsaturated FA, 41.7% polyunsaturated FA, 14.2% saturated FA. Treatment principles of Medoroga emphasized to manage with Lagu, Ruksha, Ushna food and medicines. Considering the properties of both oils, Sesame oil is suitable for treating Medoroga. Bio-chemically sesame oil has Polyunsaturated FA than ghee, which exerts hypocholestermia. Study reveals a potent hypocholestermic effect on oil administration, which replenish by Sesame oil comparing to ghee. Further Extensive investigation is mandatory to have a deeper insight of this phenomenon.

Key words: Hyperlipidemia, Oil Ingestion, Sesame oil, Ghee