خلاصه مقالات پوستر پنجمین کنگره بینالمللی پیشگیری از بیماریهای قلب و عروق

Effect of Amygdalus scoparia kernel oil consumption on lipid profile of the patients with dyslipidemia: an interventional case series

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Background Amygdalus scoparia kernel (ASK) oil is traditionally used for Hyperlipidemia. It has high level of poly unsaturated fatty acids. Its lipid-lowering effect is not investigated in any study. This study is aimed at evaluating the lipidlowering effect of ASK oil among patients with dyslipidemia.

Methods : The study was designed as a single arm, open-label interventional case series. Fifty five patients with low-density lipoprotein (LDL) 130-190 (mg/dl) or triglyceride 150-400 (mg/dl) or High-density lipoprotein (HDL) less than 50 (mg/dl) in female and less than 40 (mg/dl) in male without taking antihyperlipidemic drugs were assigned to receive the ASK oil for 60 days. The serum lipid levels were evaluated before and after the intervention.

Results : Consumption of ASK oil led to a significant reduction in level of serum triglyceride (p=0.021) and total cholesterol (p=0.007). There was a significant reduction in level of LDL after intervention (p=0.007) while there was not significant improvement in level of HDL (p=0.192).

Conclusion : this pilot interventional case series can be considered as preliminary evidence for lipid profile modifying effect of Amygdalus scoparia oil supplementation which should be confirmed in future studies.

Key words: Amygdalus scoparia, dyslipidemia, nuts, nutrition, traditional medicine