

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 lipid-lowering 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