

## عنوان مقاله:

THE EFFECT OF NIGELLA SATIVA OIL ON SERUM LEVELS OF ADIPONECTIN, LEPTIN AND BLOOD PRESSURE IN PATIENTS WITH NON-ALCOHOLIC FATTY LIVER

## محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

## نویسنده:

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## خلاصه مقاله:

Background and Aim: Non-alcoholic fatty liver disease (NAFLD) is one of the metabolic disturbances associated with inflammation. Nigella Sativa (NS) seed oil has different chemical compounds including Thymoquinone (TQ), unsaturated fatty acids, and flavonoids. NSs are used as anti-inflammatory and antioxidants in medical sciences. This study aimed to investigate the effect of NS oil on several parameters in serum levels of patients with NAFLD. Methods: Forty-four patients diagnosed with NAFLD participated in a randomized, double-blind, placebo-controlled clinical trial. Patients were randomly assigned into two groups; one receiving NS oil and the other receiving placebo (paraffin oil), for 8 weeks. Blood samples were taken from the patients at the beginning and the end of the study. Afterwards, adiponectin, leptin and blood pressure were measured. Results: Receiving NS oil had no significant effect on serum levels of adiponectin, leptin and blood pressure in comparison with the beginning of the study ( $P < 0.05$ ). Conclusion: NS seed oil supplements increased levels of adiponectin and decreased serum leptin levels, but these changes were not significant. Also, there is no significant effect on the blood pressure in patients with non-alcoholic fatty liver

## کلمات کلیدی:

Nigella Sativa, NAFLD, Adiponectin, Leptin, Blood pressure

## لینک ثابت مقاله در پایگاه سیویلیکا:

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