

Effect of supplementation of drumstick leaves powder on lipid profile of hyperlipidemics

ASHWINI BIDWE AND TASNEEM NAHEED KHAN

Hyperlipidemia is an established major risk factor for coronary heart disease. Increased dietary intake of natural photochemical correlates with reduced coronary heart diseases and life long expectancy. Drumstick leaves are good source of natural antioxidant due to the presence of various types of antioxidant compounds such as ascorbic acid, flavonoids, phenolics, glycosides, alkaloids and carotenoids (Anwar *et al.*, 2005 and Makkar and Becker, 1996) keeping in view the potential uses with medicinal, nutritional and socio-economic value the present study was planned with the main objective to explore effectiveness of drumstick leaves powder chutney supplementation prepared by utilizing Drumstick leaves powder (*Moringa olifera* L.), Bengal gram dal powder (*Cicer aritinum* L.), Black gram dal powder (*Vigna mungo* L.), Niger seed powder (*Guizotia abyssinica*), jaggery, Tamarind (*Tamarindus indica* L.) and Chilli powder (*Capsicum annum*) on lipid profile of subjects along with their regular routine diet, exercise and medicine. Selected subjects were divided in to two group as experimental and control. drumstick leaves powder chutney was supplemented to experimental group for 60 days. Values of lipid profile of both the control and experimental group were recorded at initial, 30 and 60 days. Value of experimental group and control group was compared. It was found that drumstick leaves powder chutney exerted positive effect in reducing total cholesterol, LDL cholesterol, triglyceride in case of experimental group.

Key Words : Drumstick leaves powder chutney, Lipid profile, Hyperlipidemics subjects

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MEMBERS OF RESEARCH FORUM

Author for correspondence :

ASHWINI BIDWE, Department of Foods and Nutrition, College of Home Science, Vasantnao Naik Marathwada Krishi Vidyapeeth, PARBHANI (M.S.) INDIA
Email : prashu.vnmkv@gmail.com

Associate Authors' :

TASNEEM NAHEED KHAN, Department of Foods and Nutrition, College of Home Science, Vasantnao Naik Marathwada Krishi Vidyapeeth, PARBHANI (M.S.) INDIA
Email : k_naheed@rediffmail.com