

اثرات عصاره روغنی گردوی ایرانی (لواسانات) بر تغییرات غلظت سرمی لیپیدها و لیوپروتئین‌ها در مدل حیوانی (رت نر هیپرکلسترولمیک)

*

چکیده

مقدمه:

(CHD)

VLDL-C LDL-C
(PUFA)

(TG)

(TC)

(C18:3;9,12,15)

ω 3

g

روش:

%) :

/ / /)

% % / %

(

.)

(%) TG

()

یافته‌ها:

(% % / %)

(%) VLDL-C (%) LDL-C (% /) TC

نتیجه‌گیری:

()

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مقدمه

PUFA []
 LDL- () ω3
 C
 HepG2 -
 LDL-C % % CHD
] LDL-C/HDL-C
 .[]
 . ω6 ω3 PUFA LDL-C
 CHD HDL-C
 mg/dl TC
 CHD mg/dl HDL-C
 .[] ω3 PUFA
 PUFA
 TC ω6 ω3
 ω3 PUFA .[]
 TG : CHD ω3 PUFA
 ω6
 PUFA ω6 PUFA . CHD
 .[] CHD ω3
 ω3 . ω6
 .[]
 . ω3 PUFA
 .[]
 (Juglans ω3 PUFA CHD PUFA
 regia) ()
 (VLDL- LDL-C) (TC TG) C
 ω3 PUFA CHD
 .[]
 .[] CHD % % In vitro
 TG () ω3 PUFA
 HDL-C LDL-C VLDL-C TC

¹ Polyunsaturated Fatty Acides

()
 ()
 CHD ()
 (SFA)
 CHD
 (VLDL-C LDL-C) (TC TG)
 یافته‌ها
 (PUFA)
 ()
 []
 (ω6) (ω3) PUFA % %
 ω3 ω6 (TC> mg/dl)
 % % / % : ()
 / / /)
 ω3 ω6) ()
 ω3
 [] CHD
 HDL-C VLDL-C LDL-C TC TG
 ω3 PUFA
 PUFA MUFA
 []
 Multivariate ANOVA 11.5 SPSS
 %
 (P<./) %
 ω3 PUFA [] CHD HDL-C
 (:
 ()
 (COX)
 (LOX)
 %
 %
 LDL-C, TC, TG % % % / %
 P< / VLDL-C
 LXR PPARα CHD HDL-C
 (P= /)

بحث

¹ Saturated Fatty Acids

² Walnut

³ Peroxisome proliferator-activated receptor

جدول ۳- میزان (درصد چربی تام به وزن) و انواع PUFA در گیاهان گروه فندقه

ماده غذایی	۱۸:۲ (ω6)	۱۸:۳ (ω3)	۱۸:۴	۲۰:۴	۲۰:۵	۲۲:۵	مقدار کل
گردو	/	/					/
بادام	/						/
فندق	/	/					/

جدول ۴- اثر مصرف گرد بر تغییرات لیپیدها و لیپوپروتئین های سرم

درصد تغییرات					نویسنده
HDL-C	VLDL-C	LDL-C	TC	TG	
NS*	NS	NR		NS	Spiller et al, 1990
(NS)	NR				Berry et al, 1991
+	NR				Berry et al, 1992
NS	NR				Spiller et al, 1992
	NR				Sabaté et al, 1993
+ (NS)	NS			NS	Abbey et al, 1994
NS	NR				Colquhoun et al, 1996
NS	NR			NS	O'Byrne et al, 1997
+ (NS)	NR			+	Chisholm et al, 1998
NS			/		مطالعه حاضر

*NS: Nonsignificant

**NR : Nonreported

1- I tell to my "patient that eat walnuts if like wearing seat for your heart".
 2- Good fat promote good health (heart), good fat like ω3 FA promote good health (heart)

(Liver XReceptorβ) LXRβ (Liver X Receptorα) α
 Sterol Regulatory Element Binding) SREBP-1
 (Protein-1

) ω3 PUFA
 (PUFA
 Vit-E ω3
 CHD ...
 ω3 PUFA

[]

نتیجه گیری

Vit E

()

Vit E

سیاسگزاری

MUFA

LDL-C

PUFA

 $\omega 3$

PUFA .

مآخذ

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