

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:

()

واژگان کلیدی:

*نشانی:

dostimd@tum.ac.ir

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مقدمه

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

¹ Polyunsaturated Fatty Acides

(SFA) CHD ()

(VLDL-C LDL-C) CHD (TC TG)

(PUFA) () ()

[] (ω6) (ω3) PUFA % % (TC> mg/dl)

ω3 ω6 ω3 ω6 % % / % : ()

ω3 ω6 ω3) ()

[] CHD () ()

ω3 PUFA HDL-C VLDL-C LDL-C TC TG

PUFA MUFA

[] Moulvariant ANOVA 11.5 SPSS

ω3 PUFA [] % CHD (P<./) %

(: HDL-C

(COX) %

(LOX) %

(LDL-C, TC, TG % % % / %

LXR PPARα CHD P< / VLDL-C

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 لیپید پروتئین 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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