Crossword

-Ganesh Krishna Hegade

1. D H C I A I D H - the sage who was licked by Kamadhenu for the welfare of devatas

2. A T S V I A R T A - a 3 year cow is called by this name

3. I B K N U A H L - region where world's first of its kind- Gouswarg is being constructed

scheme of SriMath where one can adopt a calf

1. ARTICLE 48 2. DIGVIJAYNATH 3. GOPALMANIJI • FINAL WORD: MAHANANDI

RESEARCH

HOW DOES DIETARY GHEE IMPROVE THE LIPID PROFILE???

The anhydrous milk fat i.e. ghee is always considered as an integral part of traditional Indian diet system. It is one of the important sources of fat in our diet and possesses many beneficial effects. However there exists a myth or a misconception among the common man that consumption of ghee can lead to the development cardiovascular disorders. Contrary to this belief there are different scientific reports which prove the usefulness of consumption of ghee. Scientists from CFTRI, Mysore have earlier reported that ghee when administered to experimental animals improved lipid profiles i.e. a dose dependent decrease in total cholesterol, low density lipoproteins (LDL) and very low density lipoproteins (VLDL) and triglyceride levels were observed in experimental animals.

The present review is on the mechanism of how ghee improves the lipid profiles. The study was once again reported by the Scientists from the Department of Biochemistry & Nutrition, Central Food Technological Research Institute (CFTRI), Mysore, India and the same is published in 'The Journal of Nutri tional Biochemistry' in 2000 entitled 'Hypocholesterolemic effect of anhydrous milk fat ghee is mediated by increasing the secretion of biliary lipids'.

The evaluation of mechanism of cholesterol reducing effect (hypocholesterolemic) of ghee was performed on laboratory animals. The experimental animals (Wistar rats) were fed with a diet containing 2.5 and 5 % of ghee for a period of 8 weeks and the effects of ghee on lipid metabolism were studied.

The results of the study reported that ghee in the diet had no effect on HMG CoA reductase enzyme. This enzyme is important in the biosynthesis of Cholesterol in our body. Usually cholesterol related problems are treated with drugs (Atorvastatin) which inhibit HMG CoA reductase enzyme. But it was observed that ghee significantly increased biliary excretion of cholesterol, bile acids, uronic acid, and phospholipids.

CONCLUSION: Diet rich in ghee would increase the excretion of bile constituents and thus lower the serum cholesterol levels.

REFERENCE: Matam Vijaya Kumar, Kari Sambaiah, Hypocholesterolemic effect of anhydrous milk fat ghee is mediated by increasing the secretion of biliary lipids. The Journal of Nutritional Biochemistry 2000; 11(2): 69-75

MEDICINE

पिबेत् क्षीरं घृतं नित्यमायुष्यकरणं हितम्। (भा. प्र ७/१३)

By daily intake of milk and ghee one can increase his lifespan.

-Dr. Sangeetha