

Study on the Benefits of Sesame Oil Over Coconut Oil in Patients of Insulin Resistance Syndrome, Notably Type 2 Diabetes and Dyslipidaemia

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ABSTRACT Sesame oil has been used traditionally as an edible oil in selective parts in India particularly in states of Tamil Nadu, Pondicherry, some parts of Jharkhand and Kerala. Incidence of Type 2 diabetes or Non-Insulin-Dependent Diabetes (NIDDM) is alarmingly on the rise in India and parts of South-east Asia. The exact cause is unknown but life-style and diet are the two important factors to be blamed. As health infrastructure in India lacks in several dimensions, an appropriate nutraceutical or effective dietary formulations to control the situation are the need of the hour. Sesame oil is effective to control Blood pressure and different other parameters of Insulin resistance syndrome. Here a study is presented based on data showing effects of sesame oil in comparison with coconut oil on 40 Type 2 Diabetes Mellitus patients, some of the volunteers also having dyslipidaemia.