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Use of *Moringa oliefera* in the reduction of the blood cholesterol level

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People who extensively consume saturated milk fat; their blood will contain great amounts of low density lipoprotein (LDL) which will put them under the risk of developing cardiovascular diseases. Intake of medicinal herbs along with saturated milk fat would reduce of the development of the LDL. Therefore, current research work aimed to study the effect of adding Moringa (*Moringa oliefera*) to rats' diet and monitor the formation of LDL in the form of cholesterol. Four groups of male white albino rat were used: The first group was fed normal diet, the second group was given diet with high content of saturated milk fat, the third group was fed on diet with milk saturated fat and Moringa (Drumstick tree) and the fourth group was given only Moringa mixed with the diet. Rats were housed, weighted weekly to monitor the increase in body weight, and dissected after 45 days. It was observed that internal organ weights and blood serum biochemical parameters revealed significant effect of Moringa leaf powder in the reduction of body weight compared to saturated milk fat groups. No effects were noticed on liver and cardiac parameters. Cholesterol levels of blood samples of rat groups that were fed saturated milk fat and Moringa mixed separately with their diet were significantly different. Moringa itself did not show any adverse side effects on male rats' biochemical characteristics. We recommend the addition of powder of the leaves of Moringa tree to the rich saturated fat diet to control the development of the LDL which in turn will reduce the probability of cardiovascular diseases.

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