

عنوان مقاله:

The Effects of Nigella Sativa Oil on Serum Levels Inflammatory Markers, Oxidative Stress Markers, and Lipid Profile in Dialysis Patients: A Double-Blind Clinical Trail

محل انتشار:

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نویسندگان:

Akram Kooshki - *Non-Communicable Diseases Research Center, School of Medicine, Sabzevar University of Medical Sciences, Sabzevar, Iran*

Mohsen Taghizadeh - *Research Center for Biochemistry & Nutrition in Metabolic Diseases, Kashan University of Medical Sciences, Kashan, Iran*

Roya Akbarzadeh - *Department of Anesthesiology, School of Paramedical, Sabzevar University of Medical Sciences, Sabzevar, Iran*

خلاصه مقاله:

Background: High concentrations of serum inflammatory and oxidative stress markers and lipid abnormalities are important risk factors for cardiovascular diseases in hemodialysis patients. This study aims to investigate the effects of Nigella sativa oil on serum levels inflammation and oxidative stress markers and lipid profile in hemodialysis patients. **Methods:** Fifty hemodialysis patients participated in this randomized, double-blind, placebo-controlled clinical trial. The patients were randomly assigned into two groups, including receiving ۲ tablets of Nigella sativa oil (۱۰۰۰ mg/day, NG) and receiving placebo (PG), for ۸ weeks. Blood samples were taken from the patients at the beginning and the end of the study after ۱۲ to ۱۴ hour fasting for measuring serum markers. Then, levels of triglycerides (TG), total cholesterol (TC), LDL-c, HDL-c, high sensitivity C-reactive protein (hs-CRP), and malondialdehyde (MDA) were measured. **Results:** Consumption of Nigella sativa oil as a supplement decreased levels of TC ($P = ۰.۰۰۰۲$), LDL-c ($P = ۰.۰۰۱$), mean serum hs-CRP, and MDA compared to the PG ($P = ۰.۰۰۱$). **Conclusion:** The Nigella sativa oil supplement may reduce serum hs-CRP and MDA, TC, LDL-c, and risk factors for cardiovascular diseases in hemodialysis patients

کلمات کلیدی:

Nigella sativa, Oxidative stress, Inflammation, Lipids

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