

عنوان مقاله:

Pre-nutritional Effects of Hot (Cinnamon) and Cold (Lentil) Temperaments on the Animal Model of Stroke

محل انتشار:

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خلاصه مقاله:

Background and Aim: Stroke, mainly caused by atherosclerosis, is the second leading cause of death worldwide. Atherosclerosis may be caused by spleen dysfunction, and oxidative stress intensifies the brain damage induced by cerebral ischemia. According to the studies, cinnamon and lentils as hot and cold temperaments, respectively, contain antioxidant compounds and affect spleen function. This study investigated and compared the effect of cinnamon and lentils in preventing stroke. Materials and Methods: Cinnamon and lentil extracts were injected intraperitoneally daily to adult male Wistar rats for ۳۰ days, and at the end, a rotarod test was carried out. Then, blood samples were taken from their eyes. The rats were submitted to the ischemic stroke, and the activity level of Catalase (CAT), Superoxide Dismutase (SOD), and total antioxidant were measured. The ischemic stroke model was implemented using the MCAO method. Infarct area and ischemic tolerance were measured by the MCAO (Middle Cerebral Artery Occlusion) method, and infarct volume was assessed by ۲,۳,۵-triphenyl tetrazolium chloride. Results: Chronic use of lentil extract decreased motor function, CAT, SOD, and total antioxidant activity compared with cinnamon extract. The cinnamon extract improved the ischemic tolerance and reduced the infarct size. The group receiving lentil extract could not tolerate ischemia and died during the experiment. Conclusion: It seems that diet adjustment can effectively reduce the

incidence of stroke or its complications. Awareness of food temperament and its relationship with various diseases
.can reduce disease burden, though further studies should be conducted on this topic

کلمات کلیدی:

Lentil, Cinnamomum zeylanicum, Acute stroke, Anti-oxidants

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