

Assessment of Lipid Lowering Effect of Shilajit in Adult Male Rats

Authors : U. P. Rathnakar, Sejpal Jaykumar, Shenoy K. Ashok

Abstract : The effect of Shilajit was investigated for lipid lowering activity and its effect on weight gain in Wistar albino rats. Shilajit, semi-hard brownish black resin formed through long-term humidification of several plant types, mainly bryophytes, can be obtained from steep rocks of the Himalayas at altitudes between 1000 to 5000 meters. Hyperlipidemia was produced by feeding the rats with the cholesterol-rich high-fat diet (HFD) for 2 months. This diet contained deoxycholic acid, cholesterol and warm coconut oil in powdered rat chow diet. At the end of study, Shilajit treated rats showed significant decrease in serum LDL, triglyceride and total cholesterol level as well as increase in serum HDL level, in comparison to rats fed on high-fat diet with no treatment. Also during study period, increase in weight in Shilajit treated group was significantly less than in the other group of rats fed on high-fat diet with no treatment. Thus, Shilajit has significantly controlled the development of hyperlipidemia and weight gain in high-fat diet fed rats in the present study.

Keywords : Shilajit, hyperlipidemia, weight control, cholesterol-rich high-fat diet

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