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Biochemical and physicochemical study of a virgin oil of Pistacia lentiscus fruits and determination of its effects on blood parameters

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This study has allowed to confirm the physicochemical characteristics and fatty acid composition by GC of the oil of *Pistacia lentiscus* extracted by traditional method and evaluate its effect on some blood lipid parameters. The results showed that the main physicochemical characteristics of Pistacia lentiscus oil are: moisture (0.84%), a relatively high iodine value (80, 44) indicating that this oil has an important degree of unsaturation. The oil is mainly composed of unsaturated fatty acids (MUFA) where oleic acid dominates with 47.01% of total fatty acids and PUFAs represented by linoleic acid (19.26%). Concerning the biological survey, oil, at 10% and 20% doses of diet for 15 and 30 days of two periods of treatment, resulted in beneficial effects on the lipid profile of Wistar albino rats previously fed with animal and vegetable fats .We observed decreases in total cholesterol, triglycerides (TGA), total lipids and LDL-C, and an increase in HDL-C good cholesterol probably related to the presence of a large amount of monounsaturated fatty acids (MUFA) and polyunsaturated fatty acids (PUFA).

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