



Conference Abstract

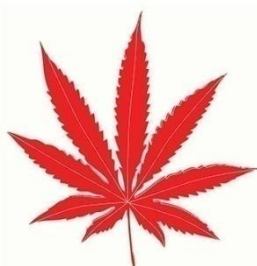
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PREPARATION OF ANTHOCYANIDINS TYPE A NANOPARTICLES AND ITS EVALUATION IN POLYCYSTIC OVARY SYNDROME

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ABSTRACT

Discovering nutritional compounds and antioxidants for use in food or pharmaceutical drugs, is the latest concern of scientists, because they are thought to be active scavenger or free radical species. Cinnamon zeylanicum is rich of polyphenolic activity and contains most of flavanols that have stress reducing activity and antioxidant properties. Proanthocyanidins are the highly antioxidative substances that can be found in cinnamon. The proposed research was carried out to purify the proanthocyanidins from cinnamon zeylanicum using macroporous resin and then making its nanoparticles by using carboxy methyl chitosan and then encapsulating them in 5g of capsules. Women with Polycystic ovary syndrome was then given 45mg of capsulated proanthocyanidins find out its significance against oxidative stress. Diagnosis of polycystic ovaries was confirmed by pelvic ultrasound. The efficacy trial was done on control, for women with BMI 20-40kg/m² for 6weeks. The blood samples collected were examined for total cholesterol, low density lipoprotein, high density lipoprotein and triglycerides before and after 6weeks. The data obtained for every parameter was subjected to statistical analysis which showed that P value for triglycerides, LDL and total cholesterol was < 0.05 and conclude that the effects of proanthocyanidins in reducing Hyperlipidemia and the symptoms associated with PCOs were highly significant. Hence, it can be concluded that cinnamon's proanthocyanidins may be used as hormonal balance agent because it significantly improved different symptoms related to PCOS and decrease the level of triglycerides, high density lipoprotein and cholesterol.

Keywords: