EFFECTS OF *Antidesma bunius* (Linn.) Spreng. (BIGNAY) FRUIT JUICE ON THE BLOOD CHOLESTEROL LEVEL OF ALBINO RATS

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ABSTRACT

Blood cholesterol is the soft, waxy material that is found within the bloodstream and as well as in all the cells of the body. It is an essential substance that forms cell membranes and some hormones and other functions. An imbalance in the blood cholesterol level of the body may cause several complications. In order to do so, proper diet and proper lifestyle must be observed. A diet rich in fiber and low in saturated fat must be taken

Antidesma bunius (Linn.) Spreng. or bignay is a tree that belongs to the family Euphorbiaceae. There are several claims that are being made regarding its medicinal properties. One of them is its ability to affect or help in the maintenance of blood cholesterol level. It has some chemical constituents, calcium, thiamine, riboflavin and niacin, that can be taken into account for being responsible in the regulation of blood cholesterol level. Commercially, bignay is being produced as jam, wine, tea and other products.

As a result of the experiment, the bignay juice treatment made a difference on the blood cholesterol levels of the treated groups of rats as compared to the others that did not receive the treatment. Generally, the experimental groups with the bignay juice treatment had lower cholesterol level readings.

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