

# The Effects of Sesame Oil on the Skin



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## Studies Regarding the Benefits of Sesame Oil

J Nutr Sci Vitaminol (Tokyo). 2008 Apr;54(2):117-23.

### Dietary tocotrienol reduces UVB-induced skin damage and sesamin enhances tocotrienol effects in hairless mice.

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#### Abstract

We have previously reported that substantial amounts of tocotrienols were present in the skin of animals fed a diet containing a tocopherols and tocotrienols rich fraction (T-mix) extracted from palm oil, and further, that sesame lignans enhanced tocotrienol levels in the skin. The present studies were undertaken to determine whether dietary tocotrienols and those with sesamin could protect the skin from damage induced by UVB irradiation in hairless mice fed four diets: a vitamin E-free diet, a 50 mg/kg alpha-tocopherol diet, a 229 mg/kg T-mix (with 50 mg alpha-tocopherol) diet and a 229 mg/kg T-mix with 2 g/kg sesamin diet. In Experiment 1, mice were fed the diets for 6 wk, and half of the mice were exposed to 180 mJ/cm<sup>2</sup> of UVB light once daily for 7 d. After the intensity of sunburn was scored, vitamin E and thiobarbituric acid reactive substances (TBARS) concentrations in the skin and liver were determined. In Experiment 2, hairless mice were initiated with a single application of 7, 12-dimethylbenz[a]anthracene (DMBA), then 1 wk later mice were fed the experimental diets and subjected to 180 mJ/cm<sup>2</sup> UVB irradiation twice weekly for 20 wk. Tumor incidences were counted once a week. Tocotrienols were detected in the skin of mice fed T-mix, but their concentrations were significantly lower than for alpha-tocopherol. Sesamin elevated tocotrienol contents in the skin. In spite of the high alpha-tocopherol contents, the effects of alpha-tocopherol on sunburn and incidence of tumor were slight. T-mix fed groups reduced the extent of sunburn and incidence of tumor, and further reduction of sunburn and incidence of tumor were observed in the T-mix with sesamin group. These results suggest that dietary tocotrienols protect the skin more strongly than alpha-tocopherol against damage induced by UVB and sesamin enhances tocotrienol effects.

Altern Ther Health Med. 2005 Nov-Dec;11(6):40-5.

### Effects of topical sesame oil on oxidative stress in rats.

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#### Abstract

**OBJECTIVE:** To assess the effects of topical sesame oil on systemic oxidative stress in rats.

**DESIGN:** Oxidative stress was induced with lipopolysaccharide and assessed by determining serum lipid peroxidation, superoxide anion, and hydroxyl radical levels. The levels of 3 circulating antioxidants--superoxide dismutase, catalase, and glutathione--also were determined.

**RESULTS:** Topical sesame oil significantly reduced lipid peroxidation, superoxide anion, and hydroxyl radical levels after lipopolysaccharide administration. However, sesame oil did not affect the 3 circulating antioxidants. Further, sesame oil decreased the activity of xanthine oxidase and nitric oxide production in lipopolysaccharide-treated rats.

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Cancer Lett. 1990 May 15;51(1):85-9.

### Tumour reducing and anticarcinogenic activity of selected spices.

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#### Abstract

Tumour reducing activity of extracts of eight commonly used spices in India were studied in mice transplanted intraperitoneally with Ehrlich ascites tumour. Oral administration of extracts of black pepper, asafoetida, pippali and garlic could increase the percentage of life span in these mice by 64.7%, 52.9%, 47% and 41.1%, respectively. However intraperitoneal administration of spice extracts did not produce any significant reduction in tumour growth except for sesame (38.8%). Garlic extract and asafoetida extracts also inhibited two stage chemical carcinogenesis induced by 7,12 dimethyl benzanthracene and croton oil on mice skin with significant reduction in papiloma formation. These results indicate the potential use of spices as anti-cancer agents as well as anti-tumour promoters.

J Nutr Sci Vitaminol (Tokyo). 2003 Aug;49(4):270-6.

### Dietary sesame lignans decrease lipid peroxidation in rats fed docosahexaenoic acid.

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#### Abstract

We have previously reported that dietary sesamin and sesaminol, major lignans of sesame seed, elevate the alpha-tocopherol concentration and decrease the thiobarbituric acid reactive substance (TBARS) concentration in the plasma and liver of rats. In this study, the effects of dietary sesamin and sesaminol on the lipid peroxidation in the plasma and tissues of rats fed docosahexaenoic acid (DHA, 22:6 n-3) were examined. Male Wistar rats (4-wk-old) were divided into the following six experimental groups: control group, fed a basal diet; sesamin group, fed a diet with sesamin (2 g/kg); sesaminol group, fed a diet with sesaminol (2 g/kg); DHA group, fed a diet containing DHA (5 g/kg); DHA + sesamin group, fed a diet containing DHA with sesamin; and DHA + sesaminol group, fed a diet containing DHA with sesaminol. Each diet contained either 0.01 or 0.05 g D-alpha-tocopherol/kg, and the rats were fed the respective experimental diet for 5 wk. The dietary DHA elevated the TBARS concentration and also increased the red blood-cell hemolysis induced by the dialuric acid. The dietary sesamin and sesaminol lowered the TBARS concentrations and decreased the red blood hemolysis. The dietary sesamin and sesaminol elevated the alpha-tocopherol concentrations in the plasma, liver, and brain of the rats fed a diet with or without DHA. These results suggest that dietary sesame lignans decrease lipid peroxidation as a result of elevating the

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Pharmacol Res. 2002 Jun;45(6):499-505.

### Chemopreventive effect of resveratrol, sesamol, sesame oil and sunflower oil in the Epstein-Barr virus early antigen activation assay and the mouse skin two-stage carcinogenesis.

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#### Abstract

Resveratrol, sesamol, sesame oil and sunflower oil are known natural dietary components with intrinsic cancer chemopreventive potentials. As a part of our study of dietary constituents as potential cancer chemopreventive agents, we have assessed the anti-cancer potentials of these products in the promotion stage of cancer development employing the in vitro Epstein-Barr virus early antigen activation assay induced by the tumor promoter 12-O-tetradecanoylphorbol 13-acetate (TPA). Further, we studied the activities of these compounds in the brine shrimp cytotoxicity assay as well as on the stable 1,1-diphenyl-2-picrylhydrazyl (DPPH) free radical scavenging bioassay with a view to comparing some of the mechanisms of their anti-cancer activity. Finally, we compared the observed chemoprotective capabilities of the four products in the in vivo 7,12 dimethylbenz(a)anthracene initiated and TPA-promoted mouse skin two-stage carcinogenesis protocols. All the products tested showed a profound inhibitory effect on the Epstein-Barr virus early antigen induction using Raji cells. Comparatively, sesame oil was the most potent followed by sesamol and then resveratrol. Only sesamol and resveratrol showed a remarkable cytotoxic activity in the brine shrimp lethality assays as well as profound free radical scavenging activity in the DPPH bioassay. In both test systems, sesamol exhibited a more remarkable activity than resveratrol while sesame oil and sunflower oil did not exhibit any appreciable activity even at the highest concentrations tested (4000 microg ml(-1)). In our in vivo assay at a 50-fold molar ratio to TPA, sesamol offered 50% reduction in mouse skin papillomas at 20 weeks after promotion with TPA. Under an identical molar ratio to TPA, resveratrol offered a 60% reduction in the papillomas in mouse at 20 weeks. Thus sesamol seems to be an almost equally potent chemopreventive agent. Sesame oil and sunflower oil offered 20 and 40% protection, respectively, in the mouse skin tumor model. The anti-oxidant capabilities of these compounds could not solely explain the observed anti-cancer characteristics. Resveratrol is present in grapes. Sesamol, a constituent of sesame oil and sunflower oil are regularly consumed dietary natural products. The observed chemopreventive effect of these products particularly warrants more attention since they already exist in the population with no known adverse effects.

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