

Nigerian Walnut (*Plukenetia conofora*) attenuates oxidative stress in hypercholesterolemic rats.

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Abstract

Nigerian walnut (*Plukenetia conofora*) is a shrub native to, and cultivated in the West and central African for its edible seed which is considered useful in the management of stroke and hypertension by local herbalists. The present study aimed at understanding the possible mechanism of action of the seeds by studying the changes in markers of oxidative stress as the seed is used to supplement (5% and 10%) hypercholesterolemic diet (2% cholesterol) fed to albino rats. The result showed a significant ($p > 0.05$) decrease in the liver and brain total thiol and non-protein thiol as well as the serum high density lipoprotein (HDL) levels while increasing the organ catalase (CAT) and superoxide dismutase (SOD) activities as well as the total cholesterol (TC), triacylglycerol (TG), low density lipoprotein (LDL) and malondialdehyde (MDA) levels. Supplementation with the seeds however significantly attenuates the effects of the hypercholesterolemia-induced oxidative stress. The attenuation is probably owing to the observed antihypercholesterolemic potential of the nuts, or the intrinsic antioxidant potential of the nuts.

Statement of the Problem: Women who have experienced intimate partner violence (IPV) are at greater risk for physical and mental health problems including posttraumatic stress disorder (PTSD) and alcohol dependency. On their own IPV, PTSD and alcohol dependency result in significant personal, social and economic cost and the impact of all three may compound these costs. Researchers have reported that women with these experiences are more difficult to treat; many do not access treatment and those who do, frequently do not stay because of difficulty maintaining helping relationships. However, these women's perspective has not been previously studied. The purpose of this study is to describe the experience of seeking help for alcohol dependency by women with PTSD and a history of IPV in the context in which it occurs.

Methodology & Theoretical Orientation: An inter subjective ethnographic study using hermeneutic dialogue was utilized during participant observation, in- depth interviews and focus groups. An ecological framework was utilized to focus on the interaction between the counselors and the staff to understand this relationships and the context in which it occurs. **Findings:** The women in this study were very active help seekers. They encountered many gaps in continuity of care including discharge because of relapse. Although the treatment center was a warm, healing and spiritual place, the women left the center without treatment for their trauma needs and many without any referral to address these outstanding issues.

Conclusion & Significance: Women with alcohol dependence and PTSD with a history of IPV want help however the health and social services do not always recognize their calls for help or their symptoms of distress. Recommendations are made for treatment centers to become trauma- informed that would help this recognition.

Conclusion: Anticoagulants represent the preferred treatment in both primary and secondary prevention of ischemic-CVA through cardioembolic mechanism. The type and dosage of anticoagulant should be dictated by the particularities of each case.

Biography

Otunla Babatunde Joshua has completed his bachelor' degree at the age of 27years presently undergoing his second degree (master)at Joseph Ayo Babalola Department of Biochemistry He is laboratory technician at Basic Health Centre Oke Aro , Akure ondo state Nigeria. His expertise in evaluation and passion in improving the and wellbeing. He has built this model based on responsive constructivists creates new pathways for improving health care.