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"Effect of virgin coconut oil on behavioral and biochemical parameters in albino rats exposed to chronic unpredictable stress"

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Project – 2020

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Abstract - Effect of virgin coconut oil on Behavioral and biochemical Parameters in albino rats exposed To chronic unpredictable stress

Daily stressors or distressing situations that is unheeded or handled inappropriately may result in chronic stress. Chronic stress can have deleterious consequences, particularly as it contributes to etiology of neurotic disorders. In addition, severe stress can emotionally compromise an individual's wellbeing. Coconut oil is naturally available and richly packed with MCFAs which are proven to be beneficial to health. Virgin coconut oil may be beneficial in unearthing an effective and natural remedy that could be devoid of side effects and used to effectively counteract chronic stress. The objective of this study is to evaluate the effect of virgin coconut oil on behavioral and biochemical parameters on Wistar albino rats subjected to chronic unpredictable stress. In this study, virgin coconut oil was effective in ameliorating the abnormality in biochemical parameters caused by chronic stress pertaining to metabolism, hepatic enzyme activity, lipid profile, oxidative stress and cognition.

Keywords: Chronic unpredictable stress, depression, brain , virgin coconut oil