



STAY HEALTHY  BE NATURAL

INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

Sesame oil

Sesame oil is extracted from the seeds of the sesame plant, called according to the botanical phrase *Sesamum indicu*, of the family Pedaliaceae. The sesame can reach 50 cm in height, it has white tubular flowers and the seeds are very small so much that to get one gram you need as many as 500 seeds. The color of the seed can be black or white depending on the variety, and the oil that is obtained changes slightly depending on the type of seeds origin. The yield in oil is however very high since you can extract 40% to 60% sesame oil, while for example to obtain olive oil the yield from the fruit is only 15% to 35%.

The sesaman plant is cultivated in India, Burma, Africa, China and the United States while in Europe it is known in the most Mediterranean areas of the South such as Italy and Greece. Sesame oil is rich in oleic acid and linoleic acid, which is the source of omega 3 and 6 essential fatty acids. The composition of oleic and linoleic varies from 35% to 50 % of each, while among saturated fatty acids palmitic and stearic abound. Sesame seed is a source of numerous mineral salts such as iron, phosphorus, magnesium, copper, silicic acid and especially calcium as well as other trace elements. The strong presence of calcium and these mineral salts make it a good supplement for growing children and the elderly to prevent diseases such as osteoporosis. It contains valuable vitamins with a prevalence of vitamin A, E and group B (B1, B2, B3).

Finally, it contains as many as eight essential amino acids important for the brain and this seems to be one of the reasons that lead to the use in Ayurvedic medicine of sesame oil for the massage of the head and scalp, including the hair itself. Sesame oil is used as an anti-inflammatory for the prevention and well-being of the skin. It also has antiviral and antibacterial properties that make it a powerful remedy against pathogens that can attack the epidermis and cause infections especially of a fungal nature as in the case of streptococci and staphylococci. The stability of the oil is very high thanks to the presence of three natural antioxidants: sesamola, sesamolina and sesamory; this allows storage even at room temperature without risking the typical rancidity of many vegetable oils such as linseed oil that needs to be stored in the refrigerator. The presence of antioxidants, in addition to favoring shelf life, fights aging and free radicals, so for food use the recommended amount is around 2 tablespoons of soup per day to season dishes always using it raw to maintain all its properties, especially the integration of essential fatty acids. Its composition and structure also allow to be used as a slight laxative that does not intervene drastically as in the case of purgation but slightly facilitates the evacuation of feces.

Sesame oil is used in the kitchen in many typical Indian and South Asian dishes with use also in China and Japan both in first courses and for fish and vegetables enough (think of the typical tempura). In Africa there are dishes now widespread also by us such as tahin which is the basis for the preparation of chickpea hummus. Sesame oil has recently entered Mediterranean cuisine and is consumed raw as a condiment oil for salads, for pastes, for risottos at the end of cooking and even in the recipes of sweets and processed in the dough itself. The taste of sesame oil is described with a predominant initial sweet, a slight additional stringent taste and on the end releases a warm power. If squeezing takes place from black seeds, the oil is dark in color tending to brown and this is commonly found in Asia while sesame oil from varieties of light seeds takes a lighter color similar to amber yellow. The seeds can be roasted and the squeezing of these leads to having a more intense color and flavor for an oil that is commonly used in Chinese and Korean cuisine to improve the taste of dishes. Instead the oil is obtained from cold squeezing of raw and untoasted seeds, the flavor is much more delicate than that of China and is traditionally used in India both for seasoning and as a means of cooking food.

External use helps, through direct applications, to reduce dandruff, regulate acne and firm for the skin of the face and body. In fact, different cosmetic products, soaps and shampoos, have sesame oil as half of their ingredients. In addition, sesame oil is an excellent base as a massage oil that since ancient times has habitually seen its use especially in India. Its application as a massage base is a peculiarity appreciated by Ayurvedic doctors who use it both only and as a basis for extracting other properties from other plants obtaining excellent quality oil stymies. In the field of natural care, it has the particular characteristic of absorbing with extreme ease the properties of the herbs with which it comes into contact and conveying them by reinforcing the action of intervention that is aimed at the creation of a product for health or as a cosmetic for beauty. To summarize its properties is applied directly when the skin is reddened for several causes such as: sunburn, inflammation, eczema, erythema and even irritation from children's diapers. Internal use is active on platelets, hemoglobin (oxygenation of red blood cells), nervous system and spleen; it is useful as a general restorative, for example in children who have slow growth.