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Effect of dietary incorporation of *Vernonia colorata* (Willd) leaves on blood lipid profile in Albino rats.

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ABSTRACT

Processed and unprocessed Vernonia colorata was incorporated into diets of albino rats at 5 and 10 percentage levels. Feeding processed (PVC) and unprocessed Vernonia colorata (UPVC) gave the following triacylglycerol (mg/100ml)- 5%PVC (133.91±2.09), 10%PVC (110.39±2.57), 5%UPVC (153.74±1.64) and 10%UPVC (111.41±2.30) relative to the control group fed basal diet(159.15±0.32).The serum cholesterol (mg/100ml) observed were 5%PVC (178.07±3.46), 10%PVC (174.60±4.21), 5%UPVC(191.54±1.43) and 10%UPVC (148.77±1.88) relative to the control (195.31±4.37).The LDL-cholesterol (mg/100ml) obtained were 5%PVC (45.27±2.10), 10%PVC (32.38±3.67), 5%UPVC(73.73±3.07) and 10%UPVC (23.16±2.49) relative to the control (101.69±3.66).The VLDL-cholesterol (mg/100ml) were 5%PVC (26.78±0.42), 10%PVC (22.08±0.51), 5%UPVC(30.75±0.33) and 10%UPVC (22.28±0.46) relative to the control(31.83±0.06).The HDL-cholesterol (mg/100ml) obtained were 5%PVC (106.02±2.05), 10%PVC (120.15±2.65),

5%UPVC(87.06±2.47) and 10%UPVC (103.33±2.61) relative to the control(61.79±0.65). These findings are indicative that Vernonia colorata could have a positive modulatory effect on blood lipid profile by reducing blood levels of lipids with atherogenic potentials while increasing HDL that has a cardioprotective effect. It could therefore be beneficial to individuals predisposed to cardiovascular diseases.

Key words: Vernonia colorata, lipids, cardiovascular diseases, albino rats