

C775296 FOOD CHEMISTRY

: MAJOR

KEY WORD: NUTRITION THERAPY, NON-INSULIN DEPENDENT DIABETIC PATIENTS, OCIMUM CANUM LINN SEEDS.

MONTANA THEERAJANTRANON : CLINICAL OUTCOME OF NUTRITION THERAPY WITH OCIMUM CANUM LINN SEEDS IN NON-INSULIN DEPENDENT DIABETIC PATIENTS AT PUBLIC HEALTH CENTER 47 KLONGKWANG. THESIS ADVISOR : ASSO.PROF.ORANONG KANGSADALAMPAI, Ph.D., THESIS COADVISER : MONTIRA TONGSARI, M.D. 109 pp. ISBN 974-636-772-2

Dietary management is important in the control of non-insulin dependent diabetes mellitus (NIDDM). This research studied the clinical outcome of nutrition therapy and Ocimum canum (Linn.) seeds in 36 outpatients at public health center 47 Klongkwang by educating the patients about dietary therapy, cause and complication of diabetes mellitus, and blood glucose and lipid level control. The energy requirement for each patient was calculated and menus were set up. Fasting blood glucose, cholesterol, triglyceride, HDL-cholesterol, LDL-cholesterol and glycohemoglobin were measured by Automatic analyser "Hitashi 704". 4 weeks after the nutrition counseling the fasting blood glucose was found to decrease from 281.08 ± 64.02 milligram per deciliter (mg./dl) to 180.29 ± 34.19 mg./dl. ($p < 0.05$) and after the intake of Ocimum canum (Linn.) seeds 3 times a day (10 gram per time) for 4 weeks fasting blood glucose was found to decrease to 157.83 ± 35.02 mg./dl. ($p < 0.05$), cholesterol decreased from 244.17 ± 53.31 to 211.08 ± 47.14 mg./dl ($p < 0.05$), triglyceride from 260.21 ± 140.62 to 172.33 ± 67.13 mg./dl. ($p < 0.05$) and glycohemoglobin from 10.67 ± 1.85 to 7.43 ± 1.16 %. The level of HDL-cholesterol and LDL-cholesterol were not changed

This study showed that nutrition therapy with Ocimum canum (Linn.) seeds improved the clinical outcome of patients with NIDDM.

ภาควิชา อาหารและโภชนาการ

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