## TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Particulars</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUMMARY</strong></td>
<td></td>
<td>i-vii</td>
</tr>
<tr>
<td><strong>1. INTRODUCTION</strong></td>
<td></td>
<td>1-27</td>
</tr>
<tr>
<td>1.1</td>
<td>Composition of ricebran oil</td>
<td>4</td>
</tr>
<tr>
<td>1.1.1</td>
<td>Major components</td>
<td>4</td>
</tr>
<tr>
<td>1.1.1.1</td>
<td>Free fatty acids</td>
<td>5</td>
</tr>
<tr>
<td>1.1.1.2</td>
<td>Triglycerides</td>
<td>6</td>
</tr>
<tr>
<td>1.1.2</td>
<td>Minor components</td>
<td>6</td>
</tr>
<tr>
<td>1.1.2.1</td>
<td>Glyceride components</td>
<td>6</td>
</tr>
<tr>
<td>1.1.2.1.1</td>
<td>Phospholipids</td>
<td>6</td>
</tr>
<tr>
<td>1.1.2.2</td>
<td>Non-glyceride components</td>
<td>8</td>
</tr>
<tr>
<td>1.1.2.2.1</td>
<td>Waxes</td>
<td>8</td>
</tr>
<tr>
<td>1.1.2.2.2</td>
<td>Diol esters</td>
<td>9</td>
</tr>
<tr>
<td>1.1.2.2.3</td>
<td>Sterols</td>
<td>9</td>
</tr>
<tr>
<td>1.1.2.2.4</td>
<td>Ferulic acid esters (oryzanols)</td>
<td>10</td>
</tr>
<tr>
<td>1.1.2.2.5</td>
<td>Tocopherols and Tocotrienols</td>
<td>13</td>
</tr>
<tr>
<td>1.1.2.2.6</td>
<td>Hydrocarbons</td>
<td>15</td>
</tr>
<tr>
<td>1.1.2.2.7</td>
<td>Pigments</td>
<td>15</td>
</tr>
<tr>
<td>1.1.2.2.8</td>
<td>Odoriferous components</td>
<td>16</td>
</tr>
<tr>
<td>1.2</td>
<td>Nutritional aspects of ricebran oil</td>
<td>16</td>
</tr>
<tr>
<td>1.2.1</td>
<td>Fat metabolism</td>
<td>17</td>
</tr>
<tr>
<td>1.2.2</td>
<td>Blood lipids</td>
<td>17</td>
</tr>
<tr>
<td>1.3</td>
<td>Blending of ricebran oil with other edible oils</td>
<td>22</td>
</tr>
<tr>
<td>1.4</td>
<td>Deep fat frying</td>
<td>25</td>
</tr>
<tr>
<td>1.5</td>
<td>Objectives of research</td>
<td>27</td>
</tr>
</tbody>
</table>
2.0 LITERATURE REVIEW

2.1 Minor components

2.1.1 Sterols

2.1.1.1 Nutritional values

2.1.2 Squalene

2.1.3 Tocols

2.1.3.1 Extraction of tocopherols

2.1.3.2 Identification and quantitation of tocopherols

2.1.3.3 Therapeutic benefits of tocols

2.1.4 Oryzanol

2.1.4.1 Extraction of oryzanol from ricebran oil

2.1.4.1.1 Extraction of oryzanol from soapstock

2.1.4.1.2 Extraction of oryzanol from dark oil

2.1.4.1.3 Extraction of oryzanol from methyl esters

2.1.4.1.4 Extraction of oryzanol from alkaline oil cake and pitch

2.1.4.1.5 Extraction of oryzanol by molecular distillation

2.1.4.1.6 Extraction of oryzanol by other methods

2.1.4.2 Purification of oryzanol

2.1.4.3 Identification, separation and quantitation of oryzanol

2.1.4.4 Therapeutic benefits of oryzanol

2.1.4.5 Uses of oryzanol
2.2 Effect of conditions of extraction and processing on minor components 49
2.3 Nutritional aspects of rice bran oil 50
2.4 Rice bran oil as a cooking medium 51
2.5 Deep fat frying 52
2.6 Blending 57

3.0 MATERIALS AND METHODS 61-85

3.1 Materials 61
   3.1.1 Oils 61
   3.1.2 Chemicals for extraction and analytical purposes 61
   3.1.3 Chemical for refining of rice bran oil 61
   3.1.4 Clinical trials 61
      3.1.4.1 Rats 61
      3.1.4.2 Cages 62
      3.1.4.3 Diet for rats 62
      3.1.4.4 Cholesterol testing kit 62
   3.1.5 Reference oryzanol 62
   3.1.6 Reference tocopherol 62
   3.1.7 Potatoes 62

3.2 Methods and methodology 62
   3.2.1 Physico-chemical characteristics 62
      3.2.1.1 Colour 63
      3.2.1.2 Specific gravity 63
      3.2.1.3 Refractive Index 63
      3.2.1.4 Acid value 63
      3.2.1.5 Iodine value 63
      3.2.1.6 Peroxide value 64
      3.2.1.7 Unsaponifiable matter 65
3.2.1.8 Phosphorus and phosphatide content 66
3.2.1.9 Fatty acid composition 69
3.2.1.10 Conjugated fatty acids 71
3.2.1.11 Dielectric constant 71
3.2.2 Analysis of oryzanol by UV spectrophotometer 72
3.2.3 Identification and quantitation of oryzanol by HPLC 72
3.2.4 Identification and quantitation of tocopherols 73 by HPLC
3.2.5 Isolation of oryzanol from crude ricebran oil 74
3.2.6 Blending and deep fat frying 75
  3.2.6.1 Blending 75
  3.2.6.2 Deep fat frying 75
3.2.7 Clinical trials 77
3.2.8 Estimation of lipid profiles 80
  3.2.8.1 Estimation of total cholesterol 80
  3.2.8.2 HDL-cholesterol separation 81
  3.2.8.3 Estimation of triglyceride 82
3.2.9 Refining of ricebran oil 83
  3.2.9.1 Degumming 83
  3.2.9.2 Dewaxing 84
  3.2.9.3 Bleaching 84
  3.2.9.4 Alkali refining 84
  3.2.9.5 Physical deacidification of ricebran oil 85
4.0 RESULTS AND DISCUSSIONS 86-154
4.1 Characteristics of crude ricebran oil samples 86
4.2 Standardisation of analytical technique for identification and quantitation of oryzanol by HPLC
4.2.1 Resolution of r-oryzanol components by HPLC
   4.2.1.1 Effect of solvent combination
   4.2.1.2 Effect of flow rate
   4.2.1.3 Effect of wavelength
   4.2.1.4 Effect of temperature

4.3 Isolation of oryzanol from rice bran oil
   4.3.1 Column chromatography
   4.3.2 Rechromatography
   4.3.4 Crystallisation

4.4 Tocopherol content in different rice bran oil samples

4.5 Deep fat frying of experimental oils
   4.5.1 Changes in physico-chemical properties of experimental oils during frying
      4.5.1.1 Changes in physical characteristics during frying
      4.5.1.2 Changes in chemical characteristics during frying
   4.5.2 Changes in physico-chemical properties of blended oils
      4.5.2.1 Changes in physico-chemical characteristics of RBO-GNO blends
      4.5.2.2 Changes in physico-chemical characteristics of rice bran oil RBO-SAF blends
      4.5.2.3 Changes in fatty acid composition of RBO-GNO and RBO-SAF blends
during deep fat frying

4.5.2.4 Changes in electric property (dielectric constant) and conjugate acids during deep fat frying of RBO, GNO, SAF and their blends

4.6 Clinical trials with refined vegetable oils and their comparative hypolipidemic effect

4.6.1 Hypolipidemic effect of different experimental oils with cholesterol free diet

4.6.2 Hypolipidemic effect of different experimental oils with cholesterol rich diet

4.6.3 Hypolipidemic effect of blends of RBO and SAF

5.0 CONCLUSION

5.1 Standardisation of analytical technique for identification and quantitation of oryzanol in rice bran oil

5.2 Isolation of oryzanol from crude rice bran oil

5.3 Quantitation of tocopherol in rice bran oil samples

5.4 Blending of rice bran oil (RBO) with groundnut (GNO) and safflower oil (SAF)

5.5 Hypolipidemic effect of rice bran oil in comparison with other edible oils

6.0 BIBLIOGRAPHY