

## **An Insight into the varieties of *Tila* (*Sesamum indicum* L.)**

*Tila* (*Sesame*) is a condiment which is used in every household for culinary, religious and medicinal purposes. *Tila* (*Sesamum indicum* L.) belonging to the family *Pedaliaceae* is an erect glandular pubescent, annual herb branching from the base, growing up to a height of 95cms. Its seed is a rich source of edible oil. Oil globules and reddish contents are more in case of white variety when compared to other brown and black. The black sesame seeds oil contains less tocopherols than oils from brown or white Sesame seeds, which are responsible for the extra oxidative stability of sesame oil. The white variety sesame seeds contain more quantity of lignin compounds than the black and brown varieties, in which sesamin and sesamol are the two major lignans, sesamin has been found in other plants also but, sesamol is characteristic of sesame and has not been found in plants other than *Sesamum*.

The total contents of lignan glycosides in white sesame seeds were around 100-170 mg/100-g seeds and in black it varied greatly i.e. 6.4 to 361.3 mg/100-g seeds, but both varieties contain sesaminol triglycoside as the major lignan glycoside. A significant difference in lignan glycoside content among different varieties was noticed as white sesame seeds contained an average of 84.5 mg sesaminol in 100 g seeds, and the black variety seeds contain 113.2mg of sesaminol per 100 g seeds. Lighter coloured variety yields more oil than dark coloured ones. Besides, the oil obtained from lighter coloured seed is cleaner and therefore considered superior.

However, Ayurveda considers *Tila taila* (sesame oil) as best *vataharadravya* and black sesame is preferred in Ayurvedic medicine. It is utilized in the treatment of *vranaropana* (wound healing) *bhagna* (fracture), *arshas* (piles), *atisara* (diarrhoea) *dantaroga* (dental diseases), *anartava* (amenorrhoea), *vatashonita* (gout), *udara* (ascities) *palitya* (premature greying of hair), for *keshasamvardhana* (growth of hair) *dantadaurbalya* (dental disorders), *grahani*, etc. Ayurveda recommends use of black *Tila* seeds in case of amenorrhoea. *Tila* can be easily administered as food in form of *tila laddu* or sweets made up of *Tila* and jaggery.

**Dr. Shubhashree M.N.**

**Email:** shubhathejas@gmail.com