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Nutritional and Therapeutic Potential of Sesame (Sesamum Indicum L.) A Comprehensive Review

Muhammad Ahmad Bakamal[1], Natasha Idrees[1], Marwa Waheed[2], Muhammad Bilal Hussain[1], Maria Noor[1], Maryam Fatima[1], Muhammad Danish[1], Fatima Waheed[3], Muhammad Arham Rauf[3], Maham Fatima[3], Abid Mehmood[4,5]

[1]Department of Food Science, Government College University Faisalabad, Pakistan

[2]Department of Food Science Technology, Riphah International University, Faisalabad, Pakistan

[3]National Institute of Food Science and Technology, University of Agriculture, Faisalabad

[4]Department of Agronomy, The University of Haripur, Pakistan

[5]Department of Agriculture, The University of Loralai, Pakistan

*** Correspondence:** abidawan1990@gmail.com

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Sesame seeds (Sesamum indicum L.) are nutrient-dense and highly adaptable oilseeds valued for their rich content of essential nutrients, including proteins, healthy fats, vitamins, and minerals. They are particularly renowned for their abundance of antioxidants such as sesamin and sesamolin, which offer numerous health benefits. Sesame seeds are also excellent sources of minerals like calcium, magnesium, iron, and zinc. In addition, they contain important fatty acids, notably linoleic acid and oleic acid (cis-9-octadecenoic acid), along with palmitic acid. They are a useful supplement to plant-based diets because of their high protein level, particularly in defatted sesame flour. Sesame seeds have demonstrated promise in treating chest pain, oxidative stress reduction, and Enhancement of blood lipid profiles, along with effects that combat diabetes, inflammation, and cancer. Their bioactive components have been investigated for their potential to promote skin health, increase liver function, and modify cholesterol levels. Sesame lignans' antioxidant qualities further support the seed's capacity to prevent chronic illnesses and enhance general health. Sesame seeds, both whole and processed, are utilized extensively in food applications. They are frequently added as a garnish to baked goods, as well as in making tahini, sesame oil, and snacks made with sesame. They are appropriate for the creation of functional and fortified foods because of their high nutritional value and practical benefits, to improve human health.

Keywords: Bioactive Compounds, Cardiovascular Health, Antioxidants, Functional Foods, Sesame Oil

Introduction:

Sesame (Sesamum indicum L.), a member of the Pedaliaceae family, is widely recognized for its historical significance and is often referred to as "seed of immortality." Ajonjoli (Spanish), hu ma (Chinese), gergelim (Portuguese), goma (Japanese), sesame (French), til (Hindi), and konjed (Persian) are some of the names for this upright annual herb that vary among civilizations [1]. Sesame was among the earliest crops to be domesticated for oil extraction and also holds the distinction of being one of the first condiments used by ancient civilizations. While the precise place for sesame domestication is still unidentified, generally accepted that sesame originated in Africa and then spread to Asian countries, despite conflicting claims [2]. Over the past few decades, there has been an increase in both the reaped range (which has grown from 5.0 million hectares in 1961 to 13.97 million ha in 2022) and sesame growth (from 1.4 million tonnes in 1961 to 7.4 million tonnes in 2022) [3]. The crop frequently referred to as "oilseeds queen" is regarded as a stray crop and is not presently required by the International Crop Research Institute for Semi-Arid Tropics, despite being widely grown in parts of America, Asia, and Africa [4].

Most of the biosphere's sesame yield is grown in fewer advanced countries, including Uganda, Sudan, Nigeria, India, China, Burma, and Brazil. South Sudan ranks fifth in the world in terms of the total amount of sesame seeds harvested. Although a few commercial farmers operate in the Upper Nile region, the majority of sesame cultivation is carried out by smallholder farmers. South Sudan produced 26,000 MT of sesame in total in 2021, with a yield of 0.3 tons per hectare. There is a growing local demand for processed sesame seeds and their derivatives, most of which are currently imported from neighboring countries. South Sudan got the 44th rank for the greatest global exporter in 2021, exporting USD 253k worth of sesame oil or non-chemically modified fractions. South Sudan's top export destinations are France and the United Arab Emirates, with sesame ranking as the 16th most exported product [5]. Along with peanuts, soybeans, and rape, sesame is considered among China's top four significant conventional crops for edible oil. In China, more than 45% of sesame is used for producing sesame oil. Approximately 22% is processed into sesame paste, another 22% is used for dehulling (peeling), while only about 5% is utilized in the production of baked goods [6]. It has long been a favorite among humans because of its high oil content, attractive aroma, and oxidation resistance. Additionally, it is a nutrient-dense meal that is frequently utilized in the food industry as a component in a variety of culinary products (such as bread, biscuits, burgers, cakes, sauces, dishes, snacks, and edible oil) [7]. These seeds have numerous uses in the pharmaceutical and cosmetic industries in addition to being used as food [8].

The primary method of sourcing raw materials for the production of various food products, pharmaceuticals, lubricants, soaps, industrial goods, animal feed, and sesame-based co-products is through the cultivation and processing of sesame seeds [9]. Sesame seeds come in three main shades: black, brown, and white. Each variety contains varying amounts of essential nutrients, contributing to their nutritional value and diverse applications. Sesame seeds are composed of 45–65% oil, 19–35% plant-based protein per 100 g of seeds, 14–20% carbs, and 15–20% hull material. Sesame seeds are comparable to or have a higher protein level than various cereals, including rice and wheat, despite having a lower protein concentration than meat [10]. Quantifiable levels of dietary fiber, antioxidants, oxalic acid, and minerals (iron, magnesium, and zinc) are also found in these little seeds. Unsaturated fatty acids like oleic and linoleic acids make up the majority of sesame seeds, with minor amounts of saturated fatty acids like palmitic and stearic acids. Among sesame oil's unsaponifiable constituents are sesamolin, sesamin, and sterols. In addition to being a rich source of calcium, sesame seeds contain essential amino acids such as tryptophan, valine, and methionine, which are vital for various bodily functions. Sesame seeds also contain bioactive compounds that are good for human health, including phenolics, vitamins, phytosterols, and polyunsaturated fatty acids (PUFAs) [11].

Sesame lignans such as sesamin, sesamolin, and the compound sesamol may be the reason for the seed's appeal. Sesame oil is known to possess health-promoting and antioxidant properties due to its high content of tocopherols, lignans, and other beneficial compounds [12]. Several studies have demonstrated the beneficial effects of sesame on heart health, lipid metabolism, and the avoidance of cancer and mutations [13]. Sesame seeds' high nutritional content may significantly boost the immune system. Regular consumption of sesame seeds may lower the chance of contracting viruses and guard against potential health issues, including malnutrition, according to research [14]. Consuming sesame oil can lower Low-Density Lipoprotein (LDL) levels and lower the risk of cardiovascular disease and atherosclerosis. Long-term use of sesame may effectively prevent the accumulation of dangerous cellular amyloid proteins, which are associated with Alzheimer's disease [13][14][15].

Figure 1. Presence and quantity (per 100g) of various bioactive components found in sesame seeds.

Objectives:

- To evaluate the nutritional and bioactive composition of sesame seeds and their potential health benefits, including antioxidant, anti-inflammatory, and lipid-modulating properties.
- To explore the functional applications of sesame seeds in food products and their role in developing nutritionally fortified and health-promoting foods.

Methodology:

Botanical aspect:

Table 1 provides the scientific classification of Sesamum indicum, listing its ranks from kingdom (Plantae) down through family (Pedaliaceae) to genus (Sesamum) and species (Sesamum indicum), outlining its taxonomic position as a flowering oilseed plant cultivated for its seeds.

Table 1. Classification and taxation:

Scientific name	Sesamum indicum
Kingdom	Plantae
Sub-kingdom	Viridiplantae
Division	Tracheophyta
Sub-division	Spermatophytina
Super-division	Embry-ophyta
Class	Magnoliopsida
Genus	Sesamum L
Species	Sesamum indicum L
Family	Ped-aliaceae

Nutritional Profile:

Sesame seed retains a higher percentage of crude protein and crude fat, with a significant amount of minerals, particularly calcium and potassium. The detailed nutritional composition of whole sesame seeds has been presented in Table 2.

Table 2. Nutritional Composition of Sesame Seeds.

Factor	Full sesame seed	Defatted sesame flour	References
Moisture (%)	4.53	7.34	[16]
Crude protein (%)	22.41	40.90	
Crude fat (%)	41.20	3.97	
Crude fiber (%)	3.42	7.82	
Ash (%)	4.27	7.49	
Nitrogen-free extract %	24.04	32.48	
Sodium (mg/100 g)	76.30	133.88	
Potassium (mg/100 g)	549.91	964.89	
Calcium (mg/100 g)	1146.25	2011.32	
Iron (mg/100 g)	9.45	16.59	
Zinc (mg/100 g)	5.62	9.86	
Sesame seed oil			
Oleic acid (%)	35.9–47		[17]
Linoleic acid (%)	35.6-47.6		
Stearic acid (%)	5.41–6.42		
Palmitoleic acid (%)	0.09-0.14		
Linolenic acid (%)	0.30-0.40		

Protein:

Globulin, pure protein, distilled protein, and glutamine are the main kinds of sesame protein; globulin takes the largest volume and distilled protein the lowest [18][19]. Another by-product of processing sesame is sesame meal, which has approximately 50% protein. Using pepsin and pancreatic enzyme systems, in vitro analysis of sesame protein digestibility revealed a digestion rate of 89.57% [20]. Sesame protein isolate demonstrated a high in vitro protein digestibility rate, indicating its potential as a valuable supplement in various food systems. This is particularly significant for developing countries, where protein deficiencies critically affect children's health.

Relevant research has demonstrated that peptides are crucial for the regulation and well-being of the body, in addition to being used by nutrients that support growth and development. Due to the varied hues of the seed coat, dark sesame seeds are said to have greater healthy advantages than gray color sesame seeds in Asian countries [21]. Genome-wide association study on sesame seed coat color revealed that as the seed coat became darker, the protein content of the seeds increased correspondingly [22]. The fact that dark sesame seeds provide supplementary protein than grey sesame seeds is among the most obvious features. Four proteins—albumin, globulin (α and β), prolamin, and glutelin fractions—have been identified in sesame [23]. From pedigrees, spores, floras, stalks, and leaves, 19 vital amino acids have been found and extracted. These include histidine, glycine, glutamic acid, arginine, aspartic acid, cysteine, glycine, lysine, methionine, phenylalanine, serine, threonine, tyrosine, valine, tryptophan, proline, and γ- γ-aminobutyric acid [24].

Lipids:

The seeds contain the majority of sesame's lipids, which are a crucial part of the plant. Since ancient times, sesame has been denoted as the "Empress of Oil" because it contains the record oil than the main oil harvests, up to 45–57% [21]. According to available data, unsaturated fatty acids constitute approximately 80% of the total composition of sesame oil, while saturated fats make up only a small fraction [25]. Linolenic acid and linoleic acid are essential unsaturated fatty acids that the human body cannot synthesize on its own; therefore, they must be obtained through dietary sources. Linoleic acid can help with growth and development, improve the durability of vascular epithelial cells, and cholesterol metabolism is controlled by these enzymes. It can enhance acquired external immunity and encourage lymphatic B-cell diversity and propagation [26]. It has a saturated fatty acid concentration of 0 to 10.58 %, making it an excellent source of vital fatty acids [21]. [27] perceived a link between the Sesame seeds' fat-to-protein ratio. The fat-to-protein ratio is a key nutritional factor affecting dietary quality, food functionality, and the market value of crops. It influences energy balance, nutrient absorption, and the prevention of chronic diseases such as obesity and cardiovascular disorders. In agriculture, crops like sesame (Sesamum indicum L.) are optimized for specific uses, oil-rich seeds for extraction and protein-rich flour for dietary use, enhancing both nutritional benefits and economic potential [28]. The combination of healthy fats like linoleic and oleic acids with high protein content makes sesame ideal for plant-based diets [29].

Sesame blossoms were used to isolate and identify latifonin, the lipid that is now known [30]. Sesame seeds are also shown to comprise twelve unsaturated fatty acids. These contain Myristic acid, margaric acid, oleic acid, linoleic acid, palmitic acid, stearic acid, arachidic acid, lignoceric acid, caproic acid, behenic acid, and myristic acid, linolenic acid [26]. However, it is commonly recognized that consuming too much of any meal, including sesame seeds, might have certain negative effects. For instance, eating too many sesame seeds might lead to weight gain, which is not good for dieters. Sesame seeds are also great in unsaturated fatty acids. Consuming too many sesame seeds can upset the body's hormones and create gastrointestinal distress, which can raise the risk of cardiovascular ailments [12]. By preventing platelet aggregation, omega-3 fatty acids can raise the risk of bleeding, and this component is abundant in sesame seeds. This seed eating in excess is linked to a risk of severe hypotension [31], and it has been found that omega-3 fatty acids reduce hypertension. Furthermore, sesame seeds comprise antinutrients including phytic acid and oxalic acid, when exist in excess, can have negative effects on the body, including influencing the gut's ability to absorb and digest proteins and minerals and raising the risk of kidney stones [32]s.

Vitamins:

A certain percentage of sesame's nutritious makeup is made up of vitamins, with vitamin E being the most abundant [33]. Precisely, dark sesame seeds can deliver 50.4 mg/100 g, the maximum of vitamin E. Examination has indicated predominant type of sesame seeds' vitamin E is γ-tocopherol, whereas alpha-tocopherol is relatively less prevalent. γ-tocopherol has a greater antioxidant activity than α-tocopherol, permitting in vitro tests, although vitamin E as a whole has a higher functional activity [21]. It stated that sesame seeds contain all twelve of the vitamins: Tocotrienol, thiamine, riboflavinniacin, pantothenic acid, folic acid, ascorbic acid, α-tocopherol, β-tocopherol, γ- γ-tocopherol, δ-tocopherol, and pantothenic acid [34].

Carbohydrates:

The hull of the seed is the main derivative of sesame seed fat extract. It is mostly made up of 70 and 80 percent carbohydrate polymers, including hemicelluloses, pectic polysaccharides, and cellulose [35]. The seeds comprise seven altered types of carbohydrates: raffinose, stachyose, galactose, sesamose, D-glucose, D-galactose, and D-fructose [21][36]. Additionally, there are noticeable amounts of premium proteins with a stable amino acid outline in the defatted sesame seeds [37]s. Furthermore, sesame oil is made up of unsaturated fatty acids FA. Likewise, important stages of bioactive ingredients such as polyphenols and phytate phosphorus were also found in sesame meal [38]. Numerous phytochemicals, including terpenoids, saponins, alkaloids, steroids, tannins, and flavonoids, are present in raw sesame seeds. Along with a few flavonol glycosides, including 3 3-coumaroyl-quinic acid, protocatechuic acid, quinic acid, hydroxybenzoic acid, ellagic acid pentoside, quercetin 3,4-diglucoside, and quinic acid, it also contains other compounds, such as gamma-tocopherol, sesamin, sesamol, and sesamolin. [39]. Additionally, sesame seeds include lecithin, cephalin, and free phenolic compounds [40].

Bioactive:

Table 3 lists the main bioactive components found in sesame seeds per gram, highlighting key lignans (sesamin, sesamolin, sesamol, sesaminol) and phytosterols (β-sitosterol, campesterol, stigmasterol) with their respective concentrations in mg/g.

Table 3. Bioactive components present in sesame seeds per gram.

Bioactive component		Composition (mg/g)	References
Lignans	Sesamin	8.8	[41]
	Sesamolin	4.5	[41]
	Sesamol	1.2	[41]
	Sesaminol	1.4	[41]
Phytosterols	β-sitosterol	3.35	[41]
	Campesterol	1	[41]
	Stigmasterol	0.37	[41]

Functional Properties:

The primary use of black sesame seeds is to extract oil. The whole-fat sesame seed (Sesamum indicum L.) exhibits excellent functional properties, including bulk density, which is the mass of a powder or granular material (such as flour or ground seeds) per unit volume, including the space between particles. It is usually expressed in grams per cubic centimeter (g/cm^3) or kilograms per cubic meter (kg/m^3), nitrogen solubility, which refers to the solubility of nitrogen-containing compounds (primarily proteins) in a given solvent, usually water, under specific conditions. It is often used as an indicator of protein solubility and functionality in food systems. Oil and water absorption capacities, foam volume and stability, as well as suspension volume and stability. The defatting procedure raises the amounts of minerals, ash, crude protein, crude fiber, and carbs [25]. Moreover, the defatted flour has relatively greater emulsification, foaming capacity, and water absorption capacity qualities; nevertheless, due to its high protein content, it has a lower capacity to absorb oil and a lower bulk density. The pH determines the nitrogen solubility index, which ranges from 4 to 8 [25]s.

Additionally, the sesame protein isolates demonstrated exceptionally efficient qualities such as the capacity to capture water and oil, such as bubbling and suspension qualities [16]. Thus, sesame seeds' useful qualities encouraged their use in a variety of culinary preparations [42]. Sesame oil's resistance to oxidative rancidity is attributed to its distinctive composition, which includes specialized tocopherols and lignans like p-hydroxyphenyl-propane. This makes it more stable than many other vegetable oils, such as soybean, sunflower, coconut, and olive oils. Additionally, the high thermal stability of its compounds is evidenced by sesamin retaining up to 90% of its content even after baking [43]. Lignans, which are soluble in H2O but nearly insoluble in fat, are rich in sesame cake flour. Two important phenolic chemicals that are unique to sesame plants are sesamolin and sesamin [44].

A study examining the lignan content in Chinese sesame cultivars found that the white variety contained higher levels of sesamin compared to sesamolin, whereas the black variety had a greater proportion of sesamolin [45]. These foods are rich in tryptophan and methionine, such as soybeans, soybean meal, and flour, which can be added to compensate for this deficit. This contributes to a balanced diet and nutrition [2]. Furthermore, a large number of these bioactive substances are already utilized as food essences in the creation of nutraceuticals or fermented foods. Similarly, due to sesame's natural antibacterial properties, it is also utilized in the production of fungicides, cosmetics, and pharmaceutical products [37]. Flour of Sesame cake was also investigated on behalf of its strong antioxidant capacity to scavenge free radicals [46]. In a previous study, antioxidants such as 2,3-epoxysesamone, hydroxysesamone, and chlorosesamone were evaluated for their effectiveness against Cladosporium fulvum. Additionally, the finding that 90% of sesamin remained intact after roasting at 200°C demonstrates its strong thermal stability [37]. The sustainability for both foodstuff and nonfoodstuff applications is demonstrated. Additional research looked at the Trolox equivalent antioxidant capacity test for 80% of watery ethanol extracts from entire black and white sesame seeds and their structural portions. The findings showed decreased TPC (total phenolic content), ability to chelate metals, reduce free radicals, and low-density lipoprotein (LDL) cholesterol rate. The antioxidant action of black sesame hulls was higher than that of white ones [30]. Additionally, sesame seed peptides have antihypertensive and antioxidative qualities, which make them suitable for use in the creation of handy foods and nutraceuticals [47].

Therapeutic Benefits:

Antioxidant Property:

Antioxidants can scavenge free radicals, which are the cause of many degenerative illnesses [48]. Natural antioxidants have received a lot of attention lately, both as safe food additives and for potential medical uses [49]. Since synthetic antioxidants may be hazardous, it is preferable to isolate antioxidants from natural sources [50]. Due to their high antioxidant activity, sesame seeds can be incorporated into the regular diet and may serve as a natural source of antioxidants, supporting overall health and protection against oxidative stress [51]. According to one study, white sesame seeds have the potential to be used as functional foods to prevent chronic diseases because of their high phenol and flavonoid content, which gives them antioxidant and antiproliferative qualities [52]. Sesame seeds include myristic acid, sesamolin, and sesamin, which have antioxidant qualities [53]. Sesamin and sesaminol are transformed into sesamol, a stronger antioxidant, when heated to high temperatures [54].

Antihyperlipidemic Effect:

The high polyunsaturated fatty acid content of sesame seeds aids in the treatment of illnesses linked to lipid metabolism [55]. Monounsaturated and polyunsaturated fatty acids, which are good lipids that lower cholesterol, are found in sesame seeds. Their saturated fat content is lower [56]. Additionally, lignans and lecithin prevent the synthesis of cholesterol [57]. Sesamin, a bioactive component, also contributes to higher atheroprotective HDL levels and decreased atherogenic triggering LDL, VLDL, and TG levels [58] Sesame consumption lengthens the lag phase of LDL oxidation, extends the duration for erythrocyte hemolysis, and marginally lowers the amounts of thiobarbituric acid reactive compounds in LDL [59]. When albino rats were given 3 milliliters of sesame oil for eight weeks, the group's overall cholesterol levels decreased, according to a study [60]. Sesame oil treatment decreased blood lipids by 50% and prevented atherosclerosis by 85%, according to another study done on atherosclerotic mice [61]. It can be concluded that sesame consumption contributes to the reduction of lipid levels in erythrocyte membranes, plasma, and low-density lipoprotein (LDL), supporting its potential role in promoting cardiovascular health.

Anti-hyperglycemic Effect:

Sesame has been recognized as a promising crop with therapeutic uses since ancient times. Additionally, recent research has demonstrated the benefits of sesame for people with diabetes and hypertension [62]. Sesame phytochemicals lower postprandial hyperglycemia by blocking enzymes that break down carbs [63]. Bioactive substances with potential antidiabetic effects include fat-soluble lignans, sesamin, sesamolin, and γ-tocopherol [64]. Additionally, these seeds are a good source of fiber. Dietary fiber helps maintain stable blood glucose levels by slowing the absorption of sugar into the bloodstream. Additionally, sesame's low starch content further supports blood sugar regulation [63]. Patients with diabetic nephropathy can potentially benefit from sesame because it has been shown to improve serum parameters [65]. Supplements containing Nigella sativa and sesame seeds improved kidney function in diabetics by lowering increased Blood Urea Nitrogen (BUN) and creatinine levels. According to a study [66], conducted on diabetic mice, sesame ethanolic extract was found to have potential in regulating hyperglycemia, suggesting its possible role in managing blood sugar levels [67]. In clinical practice, glibenclamide and sesame oil can be quite beneficial for lowering hyperglycemia [63].

Anti-hypertensive Effect:

Hypertension is an independent risk factor for cardiovascular disease (CVD), one of the major causes of mortality and morbidity. The antihypertensive effects of vitamin E, gamma tocopherols, and lignans such as sesamin, sesamolin, and sesamol in sesame are well known [68]. Additionally, sesamin has lipolytic, anti-hypertensive, antiatherogenic, anti-thrombotic, and anti-obesity properties. Additionally, sesamin is renowned for its capacity to scavenge radicals, which results in endothelium-dependent vasorelaxation [29]. The health benefits of sesame and the advantages are shown in Table 4.

Table 4. Advantages of components found in sesame seeds

Compound	Effect	Reference
Lignans	Reduce blood lipid, cholesterol, have anti-inflammatory qualities, speed up the oxidation of hepatic mitochondria and peroxisomal fatty acids, and have neuroprotective benefits against hypoxia or brain damage.	[69]
Cephalin	Action of the thermostat	[70]
Lecithin	Hepatoprotective and antioxidant properties, as well as effective skin disease treatments	[70]
Myristic acid	Curing of cancerous cells	[71]
Sesame oil	Reduces cholesterol, lowers blood pressure, treats headaches, dizziness, and blurred vision, and is used as a therapy for toothaches and gum disease.	[72]
Fiber	Laxative, mutation prevention, cardio protective, antitumor, antiulcer, and anti-diabetic	[73]

Food Applications of Sesame in Various Areas:

Food Uses:

Sesame is used as a raw ingredient in the manufacturing of traditional Chinese cuisine. Common sesame-based foods available in the market include dumplings filled with sesame, sesame oil, sesame paste, sweets, cakes, and a variety of other baked goods. Among consumers, these dishes are highly popular. One may argue that the Chinese are the greatest at utilizing sesame to make a wide range of delectable dishes. The world's largest selection of sesame items.

Sesame Oil:

Sesame seed fat, a fragrant cooking ingredient, is one of the conventional products derived from the basic treatment of sesame seeds. This oil includes a range of substances that are physiologically active, including lignans, natural vitamin E, phytosterols, and both linoleic and linolenic acids [74].

Sesame seed oil obtained through cold pressing is renowned for its superior quality and nutritional benefits. The primary Sesame soil contains two unsaturated fatty acids: linoleic acid (46.9%) and oleic acid (37.4%). These fatty acids are considered essential because the human body cannot synthesize them on its own, making it necessary to obtain them through the diet. Additionally, sesame oil is a rich source of vitamin E, with gamma-tocopherol constituting the majority (90.5%) of its vitamin E content [75]. Sesame extraction has a mean of 74.59% unsaturated FA, while olive oil has an average of nearly 80%. Sesame oil contains a higher concentration of flavor compounds compared to olive oil, making it more aligned with traditional Chinese culinary preferences. Additionally, sesame oil is more cost-effective, as it is commercially available at a significantly lower price than olive oil [21]. Various methods are employed to extract sesame oil, including conventional techniques such as water replacement, pressing, leaching, and filtration. Additionally, more advanced processes like microwave-assisted extraction, hydroenzymatic extraction, subcritical low-temperature extraction, alkaline, and supercritical CO2 extraction are utilized. Research has indicated that sesame oil possesses several beneficial properties. It is found to maintain capillary openness, reveal anti-inflammatory and anti-swelling effects, provide emollient benefits, and aid in the healing of inflamed skin [76].

Sesame Meal:

The process of extracting sesame oil results in the defatted by-product known as sesame meal. The food sector can gain value by using this residue in cooking once it has been processed into a powder. It has dietary fiber, a stable protein amino acid configuration, and significant bioactive compounds with health-promoting qualities and antioxidant action, like lignans, especially sesamin triglucoside and sesamin diglucoside [77]. A significant fiber content was found in the pressed sesame seed cake. It has several advantages as a prebiotic for promoting the gut bacteria [78]. The host organism benefits from the good management of the microbiota because it supports healthy digestion and pathogen defense. Furthermore, soluble fiber increases satiety by forming a gluey coating within the small intestine. The huge quantities of nutrients that are visible through the gut wall decrease as nutrients move farther into the distal colon, causing changes in hunger hormones that may aid in weight reduction [79].

Sesame Related Processed Foods:

In recent years, the manufacturing of sesame compounding goods has drawn more attention from researchers. To increase the product's nutritional content and satisfy the demands of various consumer groups, sesame is processed with additional raw ingredients while maintaining its natural flavor. Most of the most widely used sesame compounding products contain beans, grains, nuts, fruits, and vegetables as their primary ingredients. There are also well-established process studies that combine dark sesame along with peanuts, soybeans, red dates, and yams to create other compound drinks [80]. The range of sesame goods has been significantly expanded by these compounding components, which have also helped the sesame consumer market grow. Because of its excellent nutritional value and well-balanced composition, sesame protein isolate can be added to food products to improve the nutritional quality of baked goods made with wheat. To enhance the protein content and overall nutritional value of wheat flour muffins, researchers experimented by incorporating varying amounts of sesame protein isolate into the wheat flour formulation.

The muffin with 15% sesame protein isolate had the most enticing flavor and color, according to expert reviewers [16]. Aqueous solution-extracted sesame protein isolates can be utilized as culinary additives, particularly as binders, thickeners, and ingredients for baked products [20]. Sesame oil can be used to generate products with healthy fats as it produces a combination with a good balance of important fatty acids when joined by other vegetable fats [81].Essential fatty acids are abundantly found in chia and sesame oils. Nevertheless, consuming these oils individually does not provide the optimal omega-3 to omega-6 ratio required for a balanced diet. Blending these two types of oils can improve the balance of fatty acids, leading to a more nutritionally complete dietary intake. Furthermore, when kiwi and sesame oils are mixed, they exhibit remarkable stability in their physicochemical characteristics and demonstrate superior antioxidant capabilities [82].

Because it contains a lot of polyunsaturated fatty acids, sesame oil may be used to make margarine. Additionally, trans-fat-free baking ghee varieties such as pie crust ghee, liquid bread ghee, and all-purpose ghee can be made using a mixture of palm stearin and sesame oil [83].

Because of their positive effects on health, herbal fats are a necessary fragment of human nutrition [84]. Sesame seed fat is a decent well-being invention because of its phenolic content, quality attributes, and perhaps advantageous qualities [85].

Some of the documented characteristics of sesame lignans include the alteration of oily cutting metabolites, the reserve of lipid immersion and synthesis, the protective also antioxidant effects of vitamin E, hypotension, the enhancement of gastrointestinal system function associated with liquor metabolism, and slow aging advantages. Such advantageous properties could make it possible to include lignans in functional health meals [86].

Feeds:

Sesame meal is a premium vegetable protein source that has over 45% crude protein and is abundant trendy several important amino acids [87]. It has some phytic and oxalic acids, despite being cheap and frequently used as animal feed. Sesame meal must be microbially fermented before being utilized as animal feed since these antinutritional substances might impact an animal's growth and development [88].

A specific amount of sesame meal can be used as a substitute for soybean meal in animal feed, offering a valuable alternative protein source [89]. For instance, adding fermented sesame meal to broiler feed instead of soybean meal can increase the nutritional value of the birds, enhancing their ability to produce, and providing a basis of protein for broiler nourishments [88]. According to experimental data, breastfeeding ewes that were fed sesame meal instead of soybean meal produced more milk and had higher ether extract consumption and digestibility. When sheep are fed sesame flour, their milk production costs decrease [90].

Fertilizer:

Sesame meal serves as an excellent natural fertilizer due to its nutrient content, which includes approximately 5.9% nitrogen, 3.3% phosphorus, and 1.5% potassium oxide. By increasing the amount of sugar, vitamin C, and fiber in fruits, fermented sesame meal can improve the quality of agricultural products when applied as fertilizer to crops such as watermelon, strawberries, and grapes. When used as fertilizer, it also raises the value of tobacco output and enhances the quality of tobacco leaves. The growth of bacteria, actinomycetes, and fungi, as well as the expansion of organic matter in the soil, are responsible for this improvement [21].

Cosmetics:

The FDA has defined the protection and use of sesame oil in cosmetics as far back as 1987. In Japan, sesame oil is a common ingredient in various beauty products, including eye shadow creams, lipsticks, and moisturizers. It also serves as a diluting agent for various injections and a base for medicinal salves. As our knowledge of sesame continues to expand, there is a growing body of research focused on its advanced processing and utilization [91]. For instance, scents needed to make perfumes are extracted from sesame seeds' blossoms and stems. Sesame seeds' myristic acid is frequently utilized as a component in cosmetics [92].

Other Uses:

Beyond the uses listed above, sesame is a remarkably adaptable plant. For instance, copy paper can be made from hot-pressed sesame oil. High-quality ink may be made from the fumes produced when sesame oil is burned. The company may also utilize sesame to manufacture lubricating soap [93]. Soybean oil-in-water (O/W) emulsions can be effectively stabilized using sesame degreasing powder [94]. The addition of more defatted sesame powder leads to reduced droplet dimensions and enhanced stability of the emulsion against coalescence or emulsification. The oil content increases within a certain range when the concentration of defatted sesame powder reaches 3.0%, which promotes the production of gel-like emulsions with enhanced stability and reduced particle sizes.

Fuels:

In ancient times, sesame stems were used as fuel. Sesame flour and residual cooking oil from sesame seeds are now combined to create fuel that can be used as an alternative fuel. This helps to somewhat avoid food safety concerns while also lowering waste emissions [79]. At the moment, non-renewable resources like coal, natural gas, and petrochemicals are used to provide the world's energy needs [95]. Nonetheless, the need for energy is rising as the world's fossil fuel supplies run out. In the future, sesame oil is anticipated to take the place of mineral oil as an alternative fuel [96]. Alternative fuels must, however, be easily available, competitive, ecologically friendly, and technically practicable [97][98]. Biodiesel was produced from sesame oil through transesterification with methanol, using NaOH as a catalyst, achieving a maximum yield of 92% at 60 °C. When compared to mineral diesel, Engines powered by sesame biodiesel and its blends demonstrate comparable performance in terms of fuel usage, effectiveness, and energy output.

Conclusion:

A unique blend of nutritional value, medicinal potential, and culinary versatility may be found in sesame seeds. Their function in improving health and well-being is highlighted by their high number of proteins, vitamins, minerals, vital fatty acids, and bioactive substances, especially lignans as sesamin and sesamolin. Sesame seeds' anti-inflammatory, antioxidant, and cardiovascular advantages underscore their promise for controlling and avoiding long-term illnesses like diabetes, heart disease, and some cancers.

Additionally, they are a useful component of both conventional and contemporary cooking methods because of their many culinary applications, which include whole seeds, oil, and products like tahini. Sesame seeds stand out as a crucial component for the creation of nutritionally improved and health-beneficial food items, especially since consumer demand for functional and health-promoting meals keeps rising. Thus, including sesame seeds in regular meals can enhance health outcomes while enhancing the taste and texture of a range of foods.

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