



®

SIGMA
UNIVERSITY

SESAME





Synonyms:-

- Hindi: तिल (Til)
- Gujarati: તિલ (Til)-
- English: Sesame, Gingelly, Benne

Botanical Name:-

- *Sesamum indicum* (most commonly cultivated species)

Family:-

- Pedaliaceae

Chemical Constituents (C.C):-

- Sesame seeds contain about 50% oil rich in unsaturated fatty acids, lignans (sesamin, sesamolin), protein, carbohydrates, and antioxidants.
- Seeds also have vitamins (B complex, E), minerals, phytosterols.

Uses:-

- Sesame seeds are widely used as food, oil extraction (sesame oil), flavoring, and garnishing.
- The oil has culinary, cosmetic, and medicinal applications.- Seeds and oil exhibit antioxidant, anti-inflammatory, and cardiovascular benefits.
- Used in traditional medicine for various disorders like hypertension, diabetes, and skin conditions.

Market Presentation:-

- Sesame seeds are sold as whole seeds (white, black, or brown), hulled or unhulled. Sesame oil is available as edible oil and cold-pressed oil. •
- Sesame-based snacks and products are commercially produced