



**SIGMA**<sup>®</sup>  
**UNIVERSITY**

**SESAME**





## Synonyms:-

- Hindi: fण्ण (Til)
- Gujarati: ટિલ (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, sesamol), 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