

**ARGAN OIL:**

**THE MOROCCAN "GREEN MEDICINE"  
FOR A FRIENDLY CARE MEDICAL  
ALTERNATIVE FOR HUMAN HEALTH**

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## Summary:

Argan oil is the flagship product of the Argan Biosphera Reserve in Morocco. It is highly enriched with bioactive substances such as oleic and linoleic acids, tocopherols (Vitamine E), carotenoïds, sterols and polyphenols molecules. Traditional use of argan oil is primarily culinary, but it is also used in traditional medicine for many purposes such as skin and joints issues. Our multidisciplinary medical group of researchers (Nephrology, Rheumatology, Ophthalmology, Neurology, Endocrinology and Pharmacology) is working on the health benefit of argan oil consumption in several health issues. We have demonstrated that Argan oil consumption improves blood lipids and oxidative stress in hemodialysis patients. We also have shown that argan oil consumption acts against pain and improves parameters of metabolic syndrome in osteoarthritis patients. We currently work on the benefit of argan oil consumption in vision and retina issues, and on memory loss in neuropathology and diabetic and metabolic syndrome-associated retina and vision issues. Argan oil seems to be a promising "green medicine" with no side effects that should be used as a friendly care medical alternative in many diseases.

Links to background studies related to hemodialysis and metabolic syndrome / knee osteoarthritis patients:

1-

[https://www.researchgate.net/publication/301517520\\_HEMODIALYSIS-ASSOCIATED\\_DYSLIPIDEMIA\\_EFFECT\\_OF\\_VIRGIN\\_ARGAN\\_E\\_OIL\\_CONSUMPTION](https://www.researchgate.net/publication/301517520_HEMODIALYSIS-ASSOCIATED_DYSLIPIDEMIA_EFFECT_OF_VIRGIN_ARGAN_E_OIL_CONSUMPTION)

2-

[https://www.researchgate.net/publication/297663515\\_Hemodialysis-associated\\_Oxidative\\_Stress\\_Comparison\\_of\\_HelixoneR\\_and\\_PolysulfoneR\\_Dialyzer](https://www.researchgate.net/publication/297663515_Hemodialysis-associated_Oxidative_Stress_Comparison_of_HelixoneR_and_PolysulfoneR_Dialyzer)

3-

[https://www.researchgate.net/publication/279065399\\_Consumption\\_of\\_Argan\\_Oil\\_Improves\\_Anti-Oxidant\\_and\\_Lipid\\_Status\\_in\\_Hemodialysis\\_Patients](https://www.researchgate.net/publication/279065399_Consumption_of_Argan_Oil_Improves_Anti-Oxidant_and_Lipid_Status_in_Hemodialysis_Patients)

4-

[https://www.researchgate.net/publication/277079045\\_OP0107\\_Does\\_Metabolic\\_Syndrome\\_or\\_its\\_Individual\\_Components\\_Affect\\_Pain\\_and\\_Function\\_in\\_Knee\\_Osteoarthritis\\_Women](https://www.researchgate.net/publication/277079045_OP0107_Does_Metabolic_Syndrome_or_its_Individual_Components_Affect_Pain_and_Function_in_Knee_Osteoarthritis_Women)

5-

[https://www.researchgate.net/publication/258405260\\_Impact\\_of\\_Improving\\_Quality\\_of\\_Dialysis\\_Fluid\\_on\\_Oxidative\\_Stress\\_and\\_Lipid\\_Profile\\_in\\_Hemodialysis\\_Patients](https://www.researchgate.net/publication/258405260_Impact_of_Improving_Quality_of_Dialysis_Fluid_on_Oxidative_Stress_and_Lipid_Profile_in_Hemodialysis_Patients)

6-

[http://www.congresarganier.com/pdf/Cia2015/Recueil\\_des\\_communications.pdf](http://www.congresarganier.com/pdf/Cia2015/Recueil_des_communications.pdf) (pages 98-100)

7-

<http://benthamsience.com/> Efficacy of Argane oil on metabolic syndrome in a Moroccan knee osteoarthritis population. (to be published 2016)

8-

<http://www.doctinews.com/index.php/alternative/item/4830-huile-dargane>