

OBJECTIVE

Rice Bran Oil (RBO) is one of the most balanced and versatile edible oils. It is produced from the bran of the Rice Kernel. Rice bran is the brown layer of rice. It is the most nutritious part of rice. Rice Bran Oil (RBO) is extensively used in Japan, Korea, China, Taiwan and Thailand as premium edible oil. It is the conventional and the most favourite cooking medium of the Japanese, the longest living human beings on this earth and is popularly known as a “Heart Oil” in Japan. In recent years, U.S. Scientists have also shown a tremendous interest in the cholesterol lowering properties of rice bran oil and this oil has acquired the status of “Health Food”. Rice bran oil reportedly has a ratio of saturated, monounsaturated, polyunsaturated and essential fatty acids (omega 3 and omega 6 fatty acids) that is close to the ideal ratio recommended by American Heart Association. It also has significant cholesterol and triglyceride reducing properties in the blood serum. The Rice bran Oil, owing to its very low level of production, is not well known for its food value. It is estimated that actual current annual world rice bran oil production is less than 10-14 lakh tonnes or about 1 % of all vegetable oils used for human consumption.

Let us study the process of extraction of bran oil from the following:

1. Production of bran
2. Recovery of crude rice bran oil
3. Rice Bran Oil Extraction Process
4. Oil refining
5. Composition and Uses of Rice Bran