

INTRODUCTION

During the polishing process of the rice, a unique vegetable oil rich in antioxidants produced from the outer layer of rice is what we called Rice bran oil (**RBO**). Rice bran oil (**RBO**) also called wonder oil is well known for its numerous health benefits. The present short review will enable the readers and researches about the benefits of **RBO** in various fields.

Extraction of Rice Bran Oil

Rice bran oil is extracted by **Solvent Extraction**

The basic steps involved in extracting oil from rice bran are as

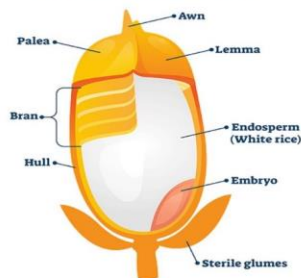
Preparation → **Extraction** → **Distillation** → **Desolventization**

Refining

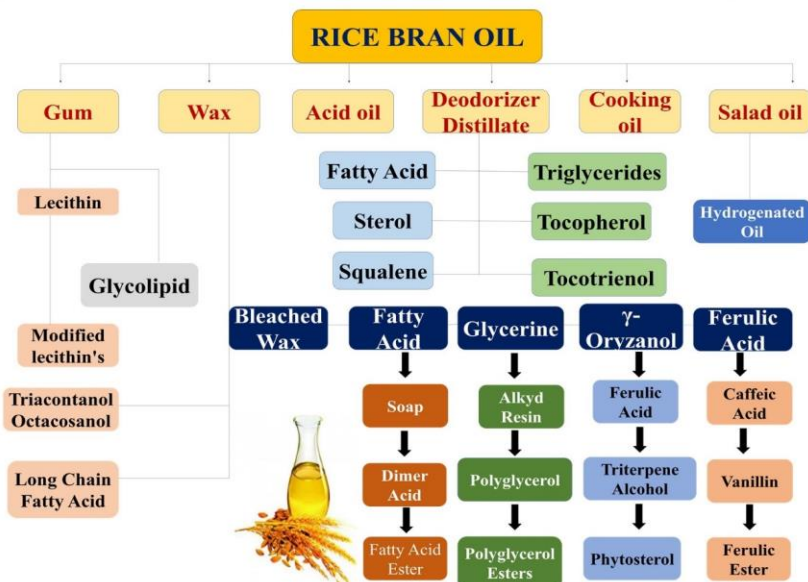
The product of solvent extraction is crude oil, which must be processed into edible oil in order to maximize value. The following are the steps in the refining process: **Degumming** → **Bleaching** → **Deacidification** → **Deodorizing** → **Dewaxing or winterizing**

NUTRITIONAL FACTS Indicative composition per 100 g	
Energy	900 kcal
Protein	0 g
Carbohydrate	0 g
Fat	100 g
Monounsaturated Fatty Acid	42 g
Polyunsaturated Fatty Acid	34 g
Saturated Fatty Acid	24 g
Trans Fatty Acid	<2 g
Added Vitamin A*	2500 I.U~/750 mcg**
Added Vitamin D2*	450 I.U~/11.25 mcg**
Vitamin E	50 mg
Oryzanol	1000 mg

RICE GRAIN



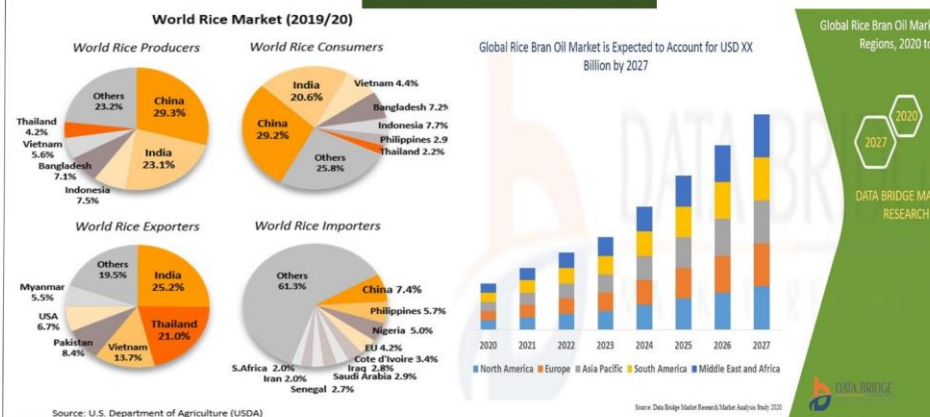
VALUE ADDED PRODUCTS FROM RICE BRAN OIL



Applications of RICE BRAN OIL



MARKET ANALYSIS



CONCLUSION

Rice bran oil's reputation as a "**Heart oil**" is marvelous, there are several opportunities and challenges in rice bran oil research. India has undertaken numerous projects to exploit the value-added products that can be made from rice bran and rice bran oil. The production of high quality rice bran oil and value added by-products from rice bran and rice bran oil requires integrated technological management. Rice varieties richer in bioactive composition should be explored, along with higher efficient extraction, and a preserved simple method could be developed to recover a greater oil yield and by-product strength.

References

1. Ali, et al., (2023) Contribution of endogenous minor components in the oxidative stability of rice bran oil.
2. Eng, et al. (2022) Rice bran and its constituents: Introduction and potential food uses.
3. Ghosh M. Review on recent trends in rice bran oil processing.

