

It is well recognized that dietary fat consumption, especially that of essential fatty acids, affects human health and disease state. *O. biennis* was utilized to varied degrees by the Iroquois, Cherokee, Ojibwa, and Potawatomi peoples as a hemorrhoid cure, a menstrual pain reliever and stimulant, and a treatment for premenstrual and menstrual discomfort (Borchers et al. 2000; Hamel and Chiltoskey 1975; Herrick 1977). Dihomo- γ -linolenic acid, a desaturated metabolite of γ -linolenic acid that the body metabolizes to produce anti-inflammatory eicosanoids that may lessen the incidence or severity of human disease status and promote health, is thought to mediate the beneficial health effects attributed to the oil. Experimental research has looked into the seed oil's potential to treat a wide range of ailments, such as eczema, asthma, inflammation, premenstrual syndrome, breast issues, metabolic disorders, arthritis, and alcoholism (Coffee 1993). Experimental research has looked into the seed oil's potential to treat a wide range of ailments, such as eczema, asthma, inflammation, premenstrual syndrome, breast issues, metabolic disorders, arthritis, and alcoholism (Coffee 1993). Seeds include γ -linoleic acid, which is essential for the synthesis of prostaglandins and fatty acids and is used to relieve premenstrual tension (Mabberley 1997). cure, a menstrual pain reliever and stimulant, and a treatment for premenstrual and menstrual discomfort (Borchers et al. 2000; Hamel and Chiltoskey 1975; Herrick 1977). Seeds include γ -linoleic acid, which is essential for the synthesis of prostaglandins and fatty acids and is used to relieve premenstrual tension (Mabberley 1997). The potential therapeutic benefits of evening primrose oil (EPO), a source of γ -linolenic acid, on inflammatory and cardiovascular illnesses, diabetes, and cancer, among other conditions, have drawn a lot of interest. *Staphylococcus* species and *Escherichia coli* are inhibited by common evening primrose extracts (Hayes 1947).