

CLINICAL EVALUATION OF TAB. CHOLESTROLCARE IN PATIENTS OF DYSLIPIDEMIA

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ABSTRACT

Dyslipidemia is globally recognised as serious health related problems and play significant role in the pathophysiology of coronary heart disease (CHD) and atherosclerotic cardiovascular disease. Improper dietary habits and sedentary lifestyle in day to day life play an important role in the diathesis of dyslipidemia. In this regard, *Ayurvedic* texts have vividly described majority of over nutritional disorders and its related problems with a highly evolved manner. In spite of lipid lowering agents, now scholars of biomedical science believes that lifestyle modification impart vital role in its management. At present, specific line of management has not been fully clarified in modern medicine. This study reveals to observe the efficacy and safety of a Polyherbal Ayurvedic formulation Tab. CHOLESTROLCARE manufactured by BACFO Pharmaceuticals (India) Ltd, in patients of dyslipidemia.

A total of 55 dyslipidemic patients of either sex were enrolled during the period January 2012 to July 2012, out of which 8 patients were dropped out from the study. The patients were followed for a period of 3 months with monthly follow ups. The reduction in serum cholesterol ($p=0.000$), LDL ($P=0.000$) and TGL ($p< 0.002$) is found statistically significant. Besides, increase trend of serum HDL and reduced trend of VLDL were noted at the end of therapy. There was good compliance to the treatment and no adverse effects were observed during the trial period.

KEYWORDS: Dyslipidemia, Medoroga, Metabolic Syndrome, Obesity