

**Musta powder and practice of yoga in the management of
hyperlipidemia (Medoroga).**

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ABSTRACT

Hyperlipidemia can be described as excessive fat contents in the blood; which can refer to elevated total cholesterol, low density lipoprotein, very low density lipoprotein, triglycerides and high density lipoprotein levels. Hyperlipidemia is a major health problem at present. It is an independent risk factor for ischemic heart disease, cardiovascular disease, angina, heart attack and stroke. Therefore death rate related to Hyperlipidemia is very high at present.

According to Ayurveda theories hyperlipidemia is caused by imbalance of Agni and increase of Kapha and Medo Dhatu. Musta (*Cyperus rotundus*) has the effect of increasing Agni and Kapha Medagna action. (Sharma & Dash 2014, Cha.Su.21/21-28).

Toxicological studies of Musta didn't show any evidence about its' toxicity. However up to date there is no any clinical evaluation has been done to prove the effect of Musta powder on hyperlipidemia.

Psychological stress also a major cause for hyperlipidemia. Shawasana and Anuloma Viloma Pranayama are effective in reducing stress. Considering all the above facts Musta powder and Yoga were selected to this study as an effective treatment to manage Hyperlipidemia. Objective of this study is to determine the effectiveness of Musta powder and Yoga in management of Hyperlipidemia. Specific objectives of the present study are to determine the effects of Musta powder and Yoga on lipid profile. The present study was a randomized, comparative clinical study with 50 sample size. Period of treatment was two months for each patients and 01 month follow up. Patients among hyperlipidemic cases from OPD, Swasthavritta clinic, in Ayurveda Teaching Hospital, Banella were randomly selected.

The patients with serum total cholesterol > 200mg/dl , HDL < 40 mg/dl, triglyceride >150 mg/dl, LDL >160 mg/dl, VLDL > 30 mg/dl , age 29-64 years and patients of both sex were included.

For all two groups' patients were instructed to have their normal diets (including Pathyapathya). Every week patient were examined and given treatment as usual within the treatment period of two months. Each selected patients were tested for lipid profile, liver function test and serum creatinine test before treatment and after the completion of two months period.

Most of the subjects were reported in; 53 –64 years in age (48%) , females (76 %), Buddhist (92%), educated up to ordinary level (46%), married (86%), belonged to sub urban area(52%),Sinhalese (98%), hard working (60%), from middle class (48%) etc.

Musta powder and practice of yoga therapy was moderately effective ($P < 0.01$) in reducing total cholesterol levels and effective in reducing LDL levels ($P < 0.05$) in hyperlipidemic patients.

Both groups were highly effective ($P < 0.001$) in reducing BMI. Musta powder and practice of Yoga was more effective in reducing systolic blood pressure than only Musta powder. It was effective ($P < 0.05$) in reducing diastolic BP.

Both groups were highly effective ($P < 0.001$) in weight reduction. Musta powder and practice of yoga was highly effective ($P < 0.001$) in reducing Kshudra Shwasa (mild stage of breathlessness). Musta powder only was moderately effective in reducing Kshudra Shwasa. Only Musta powder and Musta powder with yoga were highly effective ($P < 0.001$) in reducing excessive fat in the abdomen and reducing pendulousness of abdominal muscles.

Key words: cholesterol, low density lipoprotein, very low density lipoproteins, triglycerides, high density lipoprotein.