

***Musta* powder and practice of *Yoga* in the management of Hyperlipidemia  
(*Medoroga*)**

Karunaratne HKBMS<sup>1</sup>, Perera KC<sup>2</sup>

<sup>1</sup>Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Yakkala, Sri Lanka

<sup>2</sup>Institute of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

**Abstract**

Hyperlipidemia can be referred to the elevated levels of total cholesterol, low density lipoprotein, very low density lipoprotein, triglycerides and low high density lipoprotein in blood. Hyperlipidemia is a major health problem at present. It is an independent risk factor for ischemic heart disease, cardiovascular disease and stroke. According to Ayurveda, 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 Medaghna* action. (Cha.Su.21/21-28). Toxicological studies of *Musta* have not shown any evidence of its' toxicity. Many studies have been carried out to find out the hypolipidemic action of *Musta* using animals. However, up to date there is no any clinical evaluation undertaken to identify the effect of *Musta* powder on hyperlipidemia. Mental stress found to be a risk factor for hyperlipidemia. *Shawasana* and *Anuloma Viloma Pranayama* are said to be effective in reducing stress. Considering all the above facts *Musta* powder and *Yoga* were selected as an effective treatment in the management of Hyperlipidemia. The general objective of this study was to evaluate the effectiveness of *Musta* powder and *Yoga* in the management of Hyperlipidemia. It was a randomized, comparative clinical study with 50 selected hyperlipidemic patients from *Swasthavritta* clinic at Ayurveda Teaching Hospital, Borella. The patients were randomly divided in to two groups; A and B. In group A, 25 patients were treated with *Musta* powder and *yoga* practice for a period of two months with 01 month follow up period. In group B, 25 patients were treated only with *Musta* powder. Group A was moderately effective (P<0.01) in reducing total cholesterol levels and effective in reducing LDL levels (P< 0.05). There was no any statistically significant parameter in group B (P value > 0.05) on Lipid Profile. Comparative effect of this study was insignificant at P value > 0.05.

**Keywords:** Cholesterol, low density lipoprotein, triglycerides

**Corresponding E-mail:** minrupa@yahoo.com