

## **Effect of Selected Panchakarma Therapy on the Lipid Profile of Patients with Hyperlipidemia**

**K.G.C. Dissanayake, MD (Ayu) Stdt.** and **S.K. Tiwari, Reader & Senior consultant**  
*Department of Kaya Chikitsa, IMS, BHU, Varanasi*

A research was undertaken to study the clinical profile of hyperlipidemia patients and evaluate the response of selected panchakarma therapy in blood cholesterol level. Hyperlipidemia is one of the emerged public health problem all over the world. Causes are mainly unfavorable modification of life style and dietary habits. Practice of dietary measures recommended in Ayurveda while elaborating 'Medoroga chikithsa' is beneficial in hyperlipidemic condition.

The present study was designed to fulfill the assessment of clinical efficacy of the selected therapy in the management of Hyperlipidemia by biochemical investigation and compare the efficacy of trial therapy with control group.

The selective treatment showed a significant improvement in the parameters under study. Also the importance of poorvakarmas, proper administration of virechana dravyas, possible complications were observed. It was concluded that the treatment can be proposed as a safer and effective option for the prevention and management of hyperlipidemia.