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

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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 into 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.

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