

**EVALUATE THE EFFECT AND EFFICACY OF  
LEKHANIYADASHAKAYAMAHAKASHAYA AND SELECTED KASHAYA  
FROM VARAYOGASARAYA IN THE MANAGEMENT OF HYPERLIPIDEMIA**

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The term 'Hyperlipidemia' is used to denote raised serum levels of total cholesterol, low density lipoprotein cholesterol, triglycerides or both total cholesterol and triglyceride. This is a randomized comparative clinical trial developed to evaluate the effect and efficacy of *Lekhanyadashakayamahakashaya* and the special *Kashaya* selected from *Varayogasaraya* in the management of hyperlipidemia. A number of 60 patients were randomly selected according to the inclusion and exclusion criteria. Patients were randomly assigned in to two groups. Each group consists of 30 patients. Patients in group A were treated with the *Kashaya* selected from *Varayogasaraya* and patients in group B were treated with the *Lekhanyadashakayamahakashaya*. Diagnostic criteria were made based on serological investigation and Anthropometric measurements before the treatments and after the follow up period. Data were analyzed using SPSS statistical package and  $P < 0.05$  was taken as the level of significance. Both decoctions showed reduction in total cholesterol ( $P < 0.05$ ), LDL ( $P < 0.03$ ) and elevation the levels of HDL ( $P < 0.03$ ) significantly. Among these *Kashayas*, the *Kashaya* selected from *Varayogasaraya* more effective than the *Lekhanyadashakayamahakashaya* in the management of hyperlipidemia.

**Keywords:** Hyperlipidemia, Cholesterol, Triglyceride, Ayurveda