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Double-blind cross-over study of modified Anna Pavala Sindhooram in patients with hyperlipidemia or ischemic heart disease.

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The plasma lipid lowering effect of modified Anna Pavala Sindhooram (APSm) was tested in 30 patients with plasma lipid abnormalities and with symptomatic ischemic heart disease (IHD) in a double-blind cross-over design. HDL2 cholesterol and total HDL cholesterol were increased during APSm therapy leading to a reduction in the coronary risk index. Plasma cholesterol, LDL and VLDL cholesterol, triglycerides, phospholipids and free fatty acids were significantly reduced during APSm therapy while withdrawal of the drug led to a slow increase in these lipids. No adverse side effects were noticed. Some patients were able to reduce their daily doses of antihypertensive and vasodilator drugs during APSm therapy.