



Effect of Shodhananga Snehapana on Lipids Level in the Management of Dyslipidemia - A Clinical Study

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Abstract:

Dyslipidemia is an important risk factor for coronary artery disease and stroke. Long-term, prospective epidemiologic studies have consistently shown that persons with healthier lifestyles and fewer risk factors for coronary heart disease, and particularly those with favorable lipid profiles, have reduced incidence of coronary heart disease. Prevention and sensible management of dyslipidemia can markedly alter cardiovascular morbidity and mortality.

Aims and objectives: To evaluate the effect of *Snehapana (Krishna tila taila)* on lipid levels in the management of dyslipidemia.

Materials and methods:

Total 15 subjects were included in this study. *Snehapana (Krishna tila taila)* was carried out in day by day increasing amount of taila for maximum 7 days.

Observations and results: Krishna tila taila snehapana showed the the highly significant results in reduction of weight, BMI, waist hip ratio, total cholesterol, triglycerides and LDL. Data showed statistically significant results in VLDL, TC/HDL ratio and LDL/HDL ratio.

Conclusion: *Krishna tila taila* is effective in reducing the lipid levels in the management of dyslipidemia.

Keywords: *Snehapana, Krishna tila taila, dyslipidemia*

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