



2nd International Conference on
**Hypertension, Lipids,
Diabetes and Stroke Prevention**
Prague, Czech Republic, March 6 - 8, 2008

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Dr. Roy Puthenpurackel
USA
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Dear Dr. Puthenpurackel,

On behalf of the Organizing Committee, I extend to you a cordial invitation to participate in the forthcoming 2nd International Conference on Hypertension, Lipids, Diabetes and Stroke Prevention which is scheduled to take place in Prague, Czech Republic, March 6 – 8, 2008.

We are pleased to inform you that your paper entitled:
EFFECT OF AYURVEDA TREATMENT ON TRIGLYCERIDE LEVEL: A PILOT STUDY
has been accepted for Poster Presentation at the at the 2nd International Conference on Hypertension, Lipids, Diabetes & Stroke Prevention, which will take place in Prague, Czech Republic, March 6-8, 2008, within: Poster Session 1, scheduled to take place on Friday, March 7, 2008.

Your contribution to this Congress will not only mutually benefit all participants but also help to make this event a success.

Please feel free to use this letter for Visa purposes. This letter does not constitute any financial obligation on behalf of the organizers.

We look forward to welcoming you to Prague.

Sincerely yours,

Michal Krasny
Project Manager

2nd International Conference
on Hypertension, Lipids, Diabetes and Stroke Prevention
Prague, Czech Republic, March 6-8, 2008

EFFECT OF AYURVEDA TREATMENT ON TRIGLYCERIDE LEVEL: A PILOT STUDY

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Effect of Ayurveda Treatment on Triglyceride Level: A Pilot Study

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Abstract:

Introduction: The total amount of lipoproteins is an important factor in diagnosing and treating many diseases and conditions, including diabetes, hypertension, and heart disease. The current treatment for high cholesterol involves long-term administration of drugs that contain statin. The possible side effects of these medications are muscle pain and joint inflammation

Therefore, there is a need to find an alternative treatment that will have shorter duration and have fewer or/no side effects. **Hypothesis:** It was hypothesized that the Ayurveda treatment is effective in treating high triglyceride and total cholesterol. **Methods:** Five Asian males, age 40-50, participated in this preliminary study. Their initial average total cholesterolThe pre-treatment average cholesterol was 422 mg/dL and the average was 2,880 mg/dL. All the subjects were used some kind of cholesterol reduction drugs in the past. The subjects were administered Ayurveda treatment and were given Indukantha Ghritham, a plant based medicine, for first three days followed by massage using Balaswagandhadi Thailam (oil) and steam bath for the next three days. The massage and steam bath lasted one-half hour each per day. On the seventh day the subjects were administered 25 mL of Nimbamrithadi for defecation.

Result: After the treatment, the average total cholesterol was 225 mg/dL and the average triglyceride was 950 mg/dL. The result also showed that there was an increased HDL and decreased LDL levels. The liver, pancreas, and thyroid functions found to be normal. This indicates that the triglyceride and cholesterol levels decreased by 40% in one week and the subjects reported no side effects. **Conclusion:** In conclusion, the extreme levels of triglyceride could be treated by Ayurveda treatment and may be substituted for long-term drug usage. The Ayurveda treatment is based on the theory that fat tissues can be mobilized and eliminated from the body by increasing the temperature of fat tissues in the body.

Table1	
Pre	Post

Total Cholesterol	422 mg/dL	204 mg/dL
Triglyceride	2880 mg/dL	1246 mg/dL

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Author Disclosure Block: A. Shetty, None; R. Puthenpurackel, None.