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COMPARISON OF THE EFFECT OF LIPEXAN HERBAL MEDICINE PRODUCT WITH PLACEBO AND GEMFIBROZIL ON BLOOD LIPID INDICES

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ABSTRACT

Introduction: Increased blood lipids are an important factor in the occurrence of cardiovascular diseases and heart attacks in humans. The aim of this study is to compare the effect of the traditional medicine product Lipexan with placebo along with Gemfibrozil on blood lipid indicators.

Material and methods: This study was conducted as a double-blind randomized clinical trial with a parallel design, on 109 patients with hyperlipidemia. After entering the study, patients were randomly divided into two groups receiving Lipexan herbal capsules (containing garlic, sumac, apple cider vinegar, fenugreek and dill) and placebo capsules. Both groups received Gemfibrozil capsules at the same time and were prescribed the same diet. The duration of treatment was 40 days. The lipid profile of the patients was checked before and after taking the drugs.

Results: In the Lipexan drug treatment group, the average blood triglyceride before taking the drug was 362.2 mg/dl, which reached 243.1 mg/dl after taking the drug. Also, the average blood cholesterol before and after taking the drug was 201.4 and 187.7, respectively. Statistically, there was a significant decrease in triglyceride, total cholesterol, Low Density Lipoprotein, High Density Lipoprotein, fasting blood sugar and alkaline Phosphatase after taking Lipexan drug ($P < 0.05$).

Conclusion: The present study shows that Lipexan herbal capsule is effective in reducing blood fats and lipid profile in hyperlipidemia patients compared to placebo capsule.

KEYWORDS: Lipexan, Gemfibrozil, Cholesterol, Triglyceride, LDL, HDL

INTRODUCTION

Cardiovascular diseases are known as one of the most common preventable chronic diseases and the most important cause of death in Iran and the world. Also, due to many economic losses and the relative

disability of active people in the society, they are considered as a major problem [Kazemi T et al., 2006]. Research shows that the use of diets with high levels of carbohydrates and fats can increase

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