



Effect of *Terminalia chebula* on Coronary Heart Disease Patients

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ABSTRACT : Coronary heart disease (CHD) afflicts people beyond 50 years in west but it is becoming common between the age group of 30-45 years in India. *Terminalia chebula* one of the traditional Ayurvedic medicine has been found to possess hypocholesterolemic effect. Present investigation was undertaken with an objective to study the effect of supplementation of *Terminalia chebula* on coronary heart disease patients. For per cent investigation 10 patient who suffered from coronary heart disease were selected from Padmabhushan Vasantdada Patil Government Hospital, Sangli city of Maharashtra State. For present investigation control group and experimental group was used for analyzing the effect of *Terminalia chebula* on coronary heart disease patients. There was significance fall in the levels of serum cholesterol, triglyceride, and LDL but not significant fall in the level of HDL when alloxan induced coronary heart disease patients was treated with *Terminalia chebula* powder for 60 days. The present investigation reveals that *Terminalia chebula* significantly affect on coronary heart disease.

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Terminalia chebula, Total cholesterol, Triglycerides, LDL-Cholesterol

Coronary heart disease also known as coronary artery disease is the most deadly of cardio-vascular disease as 50 per cent of all cardiac deaths result from coronary heart disease all over the world. Out of the 10 million deaths in India each year, one million are because of heart disease. There could be 15-20 million cases of coronary heart disease in India. Nayar (2002) revealed that coronary artery disease prevalence rate of 10 per cent in urban Delhi and 5 percent in rural Haryana. Enas (1997) reported the latest coronary artery disease rate from rural Haryana is 2.5 fold higher than 2.0 per cent. The prevalence of coronary artery disease in urban India (10%) is about double that of rural India (5%) and about 4 fold higher than in US (2.5%). Coronary artery disease rates halved in the west in the past 30 years, the rates doubled in India with no signs of downturn. Due to increasing incidence of heart disease about 60 million Indians would suffer from coronary heart disease in coming years. Sainani (2002) reported

that 600 million Indians in the productive age group (36-55 years) are at risk for coronary heart disease. According to WHO by 2015 India will have 60 percent of the worlds heart patients and by year 2020, coronary heart disease will emerge as the biggest killer in Maharashtra State.

Coronary heart disease (CHD) afflicts people beyond 50 years in west but it is becoming common between the age group of 30-45 years in India. Coronary artery disease rates among Indians are two to four times higher at all ages and five to ten times higher in <40 years of age. Indians <40 years of age had 15 fold higher rate of coronary heart disease compared with Chinese and 10 fold higher rate compared to Malaysia. Maharashtrian population are said to be more prone to heart disease due to mental tension, anger, excessive alcohol consumption, higher level of cholesterol, excessive body weight, higher sugar, higher blood pressure and physical inactivity. Coronary artery disease rate doubled in India due to dietary changes associated with

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