

Cholesterol Reducing Herbs and Remedies in Ayurveda

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Abstract: Cholesterol is a type of fatty acid that is produced by the liver. The body uses cholesterol to perform various activities such as synthesizing of hormones, bile acid and vitamin D, but when your bad cholesterol rises above a certain level, you are at a greater risk of developing diabetes and major heart conditions. Very often, high cholesterol levels are caused due to unchecked unhealthy diet and a sedentary lifestyle. It can cause blockages in blood vessels and plaque accumulation in blood arteries which restricts the blood flow to the heart. However, there are certain Ayurvedic medicines for cholesterol that can help your body heal faster. Ayurveda views it as an important component of the body in terms of lubrication. The Ayurvedic approach of balancing cholesterol is not only to curb the cholesterol amount, but also to strictly control diet so that the secretion of cholesterol can be curtailed.

Keywords: Cholesterol, Hypelipidemia, Ayurveda

1. Introduction

Excessive tiers of fat or lipids in the blood which consist of cholesterol and triglycerides leads to clinically term disease called as Hyperlimidea. Hyperlipidemia, or high cholesterol, indicates higher range of cholesterol in blood. . Liver creates cholesterol to help in digestion of food and make things like hormones. As extra cholesterol added by eating foods from the meat and dairy aisles. As liver can make as much cholesterol than our body needed it getting depositing in blood. Too much cholesterol range from (200 mg/dL to 239 mg/dL is borderline high and 240 mg/dL is high) isn't healthy because it can create roadblocks in our artery highways where blood travels around to your body. This damages your organs that don't receive enough blood from your arteries.

Bad cholesterol (LDL) is the most dangerous type because it causes hardened cholesterol deposits (plaque) to collect inside of your blood vessels. This makes it harder for your blood to get through, which puts us at risk for a stroke or heart attack. The plaque itself can be irritated or inflamed, which can cause a clot to form around it. This can cause a stroke or heart attack depending on where the blockage is. The main cause of this our lifestyle elements, absences of physical exercise, sleeping during day time, stress, unbalanced food, smoking on regular bases and even alcohol which leads to the bad cholesterol, hypertension, blood pressure and diabetes.

There are several approaches for managing hyperlipidemia to certain extent. Most conventional treatment principle aims to reduce cholesterol biosynthesis in liver by inhibiting 3 - hydroxy - 3 - methylgluatarylcoenzyme A reductase (HMG COAR), thereby lower blood cholesterol levels. Statin is the most recommended drug in this category. Other drugs such as cholesterol absorption inhibitor, bile acid sequestrant, fibrates, nicotinic acid, polyunsaturated Fatty Acids and newly developed PCSK9 inhibitors are also well established to reduce cholesterol in specific conditions. However, considering the different side effects of these drugs, the search for more natural remedies including herbal medicine,

exercise and diet to control cholesterol levels is an alternative approach these days Ayurvedic medicine is one of the oldest medical systems in the world. This 5000 year older Indian traditional health care system is based on the principle of laws of nature. In Ayurveda, several herbs or combinations of herbs are recommended for controlling hypercholesterolemia and hyperlipidemia present research review has shown promising results by some of these drugs to be used as lipid lowering agent.

2. Materials & Method

The literal review carried out by collecting the literature and research finding from various classical and modern text book, online reports and online research articles in Google Search and PubMed Database.

Ayurvedic Treatment for hyperlipidemia and hypercholesterol

Here are a few Ayurvedic hat - tips that can help to lower cholesterol and restore normal body function of the body:

- 1) **Medicago Satina:** Best ayurvedic remedies for high cholesterol levels, they are better known as Alfalfa and is famous for their ability to deal with artery - related diseases. They are capable of clearing arteries that are congested with cholesterol. They can be consumed daily as a whole or by mixing them in juice.
- 2) **Arjuna:** Arjuna is yet another powerful Ayurvedic herb that is mighty powerful in dealing with cardiac conditions such as heart blockages, heart attacks etc. The bark of the Arjuna tree can be taken and consumed in the form of powder. This ayurvedic herb ' Arjuna' has the capability to dissolve cholesterol and prevent heart blockages. This should be consumed earlier in the morning, before breakfast with lukewarm water.
- 3) **Coriander:** Coriander is considered to be one of the best herbal diuretic agents. It can revitalize the kidneys and help them perform better in terms of excretion of waste. The kidney, therefore, can flush the excess cholesterol from the body. Coriander can be consumed along with food on a daily basis.

- 4) **Garlic:** Ayurvedic remedy for high cholesterol 'Garlic', has been known to mankind for centuries and is extremely beneficial for people suffering from high cholesterol. Two cloves of garlic on a daily basis can completely neutralize the effect of high cholesterol in the blood. Apart from freeing up arteries, garlic has multiple other health benefits.
- 5) **Guggulu:** This ayurvedic herb is one of the popular herbs among ayurvedic practitioners for treating high blood pressure and high cholesterol in the blood. They contain guggulsterone, which is known to be an active blocker of bad cholesterol in the blood. Consumption of 25 mg of this substance can make a person totally free from high cholesterol. They can be taken after any meals.
- 6) **Holy basil or tulsi: Use of Holy basil or tulsi leaf** is another popular ayurvedic treatment for high cholesterol levels used by ayurvedic practitioners to lower cholesterol levels in the bloodstream. They can eliminate excess cholesterol through the kidneys. It is used for preparing multiple medicines. It is a proven medicinal herb that is very efficient in dealing with excess cholesterol in the blood. They have the ability to disintegrate cholesterol from the body. 2 - 3 leaves of tulsi can be consumed on a daily basis.
- 7) **Triphala:** A combination of three fruits (Amla, Bibhitaki, and Haritaki), is rich in antioxidants and helps reduce cholesterol levels by preventing lipid peroxidation. It enhances digestion and supports liver function, which aids in cholesterol metabolism.
- 8) **Fenugreek**
Fenugreek (methi) seeds contain soluble fibre that helps reduce cholesterol levels by binding to bile acids and preventing their reabsorption. It also helps control blood sugar levels, which is beneficial for overall cardiovascular health. Sprouted seeds of fenugreek will be consumed, empty stomach in early morning.
- 9) **Turmeric**
Turmeric (haldi), particularly its active compound curcumin, has cholesterol-lowering properties. It helps reduce LDL cholesterol and triglycerides while improving HDL cholesterol levels. Its anti-inflammatory and antioxidant effects further support heart health. Raw turmeric boiled in water and consumed in lukewarm water.
- 10) **Amla**
Amla (Indian gooseberry) is rich in vitamin C and antioxidants, which help reduce cholesterol levels by preventing oxidative damage. It also helps improve HDL cholesterol and supports overall cardiovascular health.
- 11) **Ginger**
Ginger helps lower cholesterol levels by reducing hepatic cholesterol synthesis and promoting the conversion of cholesterol to bile acids. It also has anti-inflammatory and antioxidant effects that benefit heart health.

By including these Ayurvedic herbs in your daily routine, you can naturally manage and reduce cholesterol levels while supporting overall cardiovascular health.

3. Conclusion

As the Hyperlipidaemia is now a days burning issues even in very early ages and its potential complication including CVD risk has been emerging and global challenge. Though statins are already in use as first line therapy in such condition there are many unanswered questions. In this scenarion, Ayurveda is found be emerging alternative which should be economical, safe, effective without any side effect and can be easily included in our day routing diet. Ayurvedic herbs have shown good result in improving lipid profile in both experimental and clinical studies. Most of plant also exhibit potential anti-oxidant property. Hence medicinal herbs found to be most promising and long termed option for managing the cholesterol level.

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