

Ancient Ayurvedic Medicine Improves Lipid Balance: HDL/LDL/Triglycerides

Three Decades of Research Prove The Therapeutic Value of Gugulipid

The oleoresin of *Commiphora mukul* (gum guggul) is known in the ancient Ayurvedic system of medicine for its therapeutic value in various ailments including all types of arthritis, obesity and associated lipid disorders and their complications.

Animal research and clinical trials over the past three decades has confirmed that Gugulipid can:

- Reduce elevated serum cholesterol with significant reductions in LDL and VLDL.^(1,2)
- Increase HDL cholesterol.^(12,3)
- Reduce serum triglycerides.^(1,2,3,7)
- Protect against cholesterol-induced atherosclerosis.^(1,2)
- Decrease platelet adhesiveness and increase fibrinolytic activity.^(1,2,5)

Effects of Gugulipid on Serum Lipids and Atherosclerosis

Most of the research done with gugulipid has dealt with its effect on lipid metabolism and atherosclerosis. The first studies were completed in 1966 by G.V. Satyavati and reported in her doctoral thesis. Her interest was inspired when she found a strong analogy between modern knowledge of atherosclerosis and the ancient concept of *medoroga* in the original sanskrit text of Sushruta (600 B.C.).⁽¹⁾

Carefully planned studies were carried out over a period of two years on rabbits in which hyperlipidemia was induced by feeding hydrogenated vegetable oil. The studies demonstrated for the first time that gum guggul could not only lower significantly serum cholesterol and phospholipids, but also protected the animals against cholesterol-induced atherosclerosis, at the fatty streak stage. The oleo-resin also reduced the body weight of the animals.⁽¹⁻²⁾

A similar trend to significantly reduce serum cholesterol levels in patients with obesity and hypercholesterolemia was found in clinical studies using crude gum guggul.⁽¹⁻²⁾

Other clinical studies soon followed using crude gum guggul and different components of the plant. The compound gugulipid, an extract of the oleoresin of gum guggul, has now been standardized. In earlier studies, crude guggul had pro-

GUGULIPID®

(Commiphora mukul) Standardized Extract

Product No. 462 Fill Size: 90 vegetable capsules

Each all-vegetable capsule contains:

Gugulipid (*Commiphora mukul*) 340 mg.

Other ingredients: rice flour, magnesium stearate.

Hypoallergenic. This product is free of artificial colors, flavors, preservatives and sodium. Contains no animal products.

®Gugulipid is a registered trademark of Sabinsa Corp.

RECOMMENDED USE: Two capsules 2-3 times daily.

- Reduce body weight in obese patients with elevated cholesterol levels.^(1,2,4,5)
- Stimulate thyroid function.^(2,8)
- Remove excess uric acid in the system.⁽⁹⁾

duced mild side effects (skin rashes, diarrhea, restlessness, hiccoughs, etc.). No adverse reactions have been reported when the standardized extract was used.^(1,6)

The efficacy and safety of gugulipid are reported to be better than the synthetic drug clofibrate.⁽¹⁾ In an experimental double-blind crossover study, its lipid-lowering effect was comparable to the drug clofibrate; however, HDL cholesterol increased in 60% of the patients who responded to gugulipid while clofibrate had no effect on HDL.⁽⁷⁾

Subsequent studies on patients with elevated serum cholesterol showed a significant lowering of not only serum cholesterol, triglycerides and total lipids, but also the non-esterified fatty acids.⁽¹⁾ Typically cholesterol levels will drop 14%-27% in a 4 to 12 week period while triglyceride levels will drop 22%-30%.⁽⁶⁾ The only clinical study which reported no significant lowering of serum cholesterol was carried out on healthy individuals and coronary artery disease patients who did not have high serum lipid levels.⁽¹⁾

In a 16-week study, forty patients given 4.5 grams daily of purified gugulipid in 2 divided doses showed a decrease in serum cholesterol of 21.75% and serum triglycerides decreased by 27.1%. There were similar decreases in VLDL and LDL cholesterol and HDL cholesterol showed a grad-

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