



Case Report

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Effect of *Ilaj Bil Ghiza* (Dieto-Therapy) in Dyslipidemia Management - A Case Study

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ABSTRACT

Background: Dyslipidemia is a significant modifiable risk factor for cardiovascular disease. In type 2 diabetes mellitus (T2DM) patients, elevated low-density lipoprotein cholesterol (LDL-C) levels were associated with an increased risk of ischemic stroke and an increased risk of cardiovascular mortality independent of LDL-C levels. The nutritional needs of the body have been met based on demand, and pharmacotherapy has been avoided to protect the body from any side effects or adverse effects. **Methods:** This paper is a case study of patient with high lipid profile level. Patient recommended opting Diето-therapy with modulation in dietary habits for one month with fortnightly follow up for routine check-up. **Results:** After one month of changing his diet pattern in terms of quality and quantity, his lipid profile started to improve. **Conclusions:** It is fair to conclude that the concept of diето-therapy in UMS has a solid base for confirming safe and effective in the management of dyslipidemia.

Keywords: Dyslipidemia, *Ilaj Bil Ghiza*, (Dieto-Therapy), *Dusumat-E-Dam*.

INTRODUCTION

Dyslipidemia is a lipid and lipoprotein metabolic disorder. Abnormal plasma lipoproteins and deranged lipid metabolism is considered to be the risk factors for the atherosclerosis and it is one of the major cause of cardiovascular morbidity and mortality [1]. It show as a raised serum total cholesterol or triglyceride or both, or low density lipoprotein (LDL) and Low high density lipoprotein (HDL) concentration [2]. Dyslipidemia might influence the overall health status of an individual leading to cardiovascular disease and diabetes mellitus type 2, if it is left untreated for long period [3]. and is assumed that by the year 2020 CVDs will be the leading cause of total disease burden globally 1,2 by estimating about 2.6 million Indians will be affected by Cardiovascular disease related disability and death [4].

In Unani system of medicine, *Ibn Sina* (Avicenna - 980-1037AD) described about the abnormality of lipid in blood, produced from "*Dusumat ud-Dam*". "*Dusumat*" means "fatty, oily" and "*Dam*" means "blood" [5,6].

According to the Unani Scholars, *Dusumat* or *Duh'niyat* of the blood are lipid substances. According to them, the blood circulating in the vessels is a combination of four humours that are formed as a result of digestion, and digestion is an uninterrupted process that takes place from the mouth to the tissue and can occur in four stages, namely the gastric, hepatic, vascular, and tissue digestion. Each of the digestion is composed of defined processing of the food material that must be conceded out on until it becomes suitable for use by the body [5]. According to Philosophy by ancient scholars, When fatty constituents of blood reaches to different organs of the body, due to *Barid Mizaj* (Cold temperament) of those organs, they start to deposit there in the form of fat (*Shaham*) [7]. This deposition of fat in the organs due to cold temperament falls under the category of *Amraz-eBalghamiya* [8]. The common sign and symptoms mentioned in Unani medical system of dyslipidemia are palpitation, atherosclerosis, stroke, breathlessness, coma and some time sudden death [8]. The Unani system of medicine views the human body holistically and has established certain treatment principles. As a result, several ailments were treated with *Ilaj bil Dawa* (Drug Therapy), *Ilaj bit Tadbeer* (Regiminal Therapy), or *Ilaj bil Yad* (Surgery). The *Ilaj bil ghiza* is a unique non-medicinal therapy in which the treatment is done by varying dietary habits, i.e. fasting, eating more food with less nutritional value or less food with more nutrients, or vice versa [8].

The primary objective of *Ilaj bil ghiza* (diето-therapy) is to maintain nutritional requirements as per the demand of the body and avoid pharmacotherapy because drug is not a part of the body and it leads to adverse reactions in the body [9]. According to Unani medical system individual with Cold and dry temperament in nature opined to take foods wet in nature, s Hot and dry temperamental person to take

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foods cold and wet in nature. Individual with Sanguine temperament are much hotter than normal, those are advised to take cold temperamental and low calories foods in diet. On another side, with phlegmatic (cold and wet) individual are recommended to take hot and dry low nutritive value foods [10-12]. Therefore, this demonstration is an endeavour to feature the benefit of *Ilaj bil ghiza* (dietotherapy) to control the dyslipidemia.

This case study will help us to understand the role of dieto-therapy in dyslipidemia management. It gives a comprehension where research can be extended the work with future prospects.

Objective of Study

To evaluate the effect of *Ilaj bil ghiza* (dieto-therapy) in dyslipidemia management.

CASE REPORT

In this case, A 50 years old young Muslim married, non-smoker, non-alcoholic, non hypertensive male came in our institute with the complaints of abdominal obesity, mild breathlessness and numbness in hand and legs. He also complains of heaviness in shoulders and legs after sitting of even short duration. Patient had no family history of diabetes, hypertension and hyperlipidemia/ dyslipidemia etc.

We evaluate and calculate the patient's current food intake, activity level, and then make recommendations for lifestyle modification as per UMS. We have discussed the advantages of dieto-therapy and Unani Medicine treatment with patient and taken his consent. The patient ready to opt dietotherapy of UMS. After that, the diet schedule especially with no added fats and sugars (with total calorie intake of 1500 cal/ day) was recommended to the patient as mentioned in diet schedule. The temperament of patient and diet were taken into

concern at the time of recommendation. Daily walk and light exercise were instructed. Physical examination and anthropometric parameters, weight, waist circumference, waist hip ratio, blood pressure, temperature, were recorded and biochemical investigation for Blood sugar level, liver function test (LFT), kidney function test (KFT) and lipid profile were also done at baseline and end of one month dieto-therapy. It was also recommended to patient to follow up fortnightly for routine check-up or immediately consult to physician for any adverse reaction.

RESULTS

Result acknowledged that dieto-therapy has a chief role in modifying the no- communicable diseases. Unani regimen (dieto-therapy) play an important role to manage the dyslipidemia and weight management. The management of dyslipidemia in allopathic system of medicine is effective but not safe due to the side effects such as Hepatotoxicity , Myopathy , Dyspepsia , Renal failure and cholelithiasis etc. [13]. Hence researchers are persuaded concerning alternative system of medicine e.g. Unani, Ayurveda yoga etc.

Patient follow up fortnightly and no adverse event has been registered. Patient also said he feels better and fresh by following the dieto-therapy fat management of UMS. Dieto-therapy detoxifies the body by eliminating the toxic and morbid matter from the body and manages to metabolise the excess fat and take the energy from the body depots. The remarkable reduction in anthropometric parameters, e.g. weight, waist circumference, waist hip ratio, BMI, blood pressure, blood glucose fasting, total cholesterol, triglycerides, LDL, VLDL were recorded along with enhance in HDL level as shown in table-01. The possible mechanism of action of dieto-therapy is to check the intestinal cholesterol absorption and normalization of hepatic synthesis of endogenous lipoprotein formation.

Table 1: Anthropometric parameters and blood profile

Parameters	Baseline	30 th day
Height (cm)	168	168
Body Weight (Kg)	80.5	73.4
Blood pressure (mmHg)	146/94	128/78
Temperature (°F)	98.5	98.6
Basal Metabolic rate (BMI) (Kg/m ²)	28.5	26
Waist circumference (cm)	96	93
Waist Hip Ratio	0.92	0.90
Blood Sugar (Fasting) (mg/dl)	113.7	102.42
Bilirubin (mg/dl)	1.00	1.02
SGOT (IU/L)	7.07	10.61
SGPT (IU/L)	19.45	15.91
ALP (IU/L)	81.26	72.14

Blood Urea (mg/dl)	12.39	31.36
S. Creatinine (mg/dl)	1.12	0.73
Uric Acid (mg/dl)	5.86	4.16
Total Cholesterol (mg/dl)	101	115
Triglycerides (mg/dl)	211	130
HDL (mg/dl)	43	44
LDL (mg/dl)	158	45
VLDL (mg/dl)	42.2	26

DISCUSSION

Ilaj bil Ghiza (dieto-therapy) play a vital role in reduction of 38.39% in triglycerides, 71.52% in LDL and 38.39% in VLDL, enhancement of 21.14% in HDL, 8.82% reduction in weight, 8.77% in BMI, 3.13% reduction in waist circumference and Waist hip ratio from 0.92 to 0.90 in this case. It is also observed that Blood pressure of patient was controlled and comes to the normal limit. Patient also feels of well-being due to diet restriction and other physical activity. These results proved the claims of Unani philosophy of dieto-therapy for better health and well-being [20-22]. We can conclude that strict diet and exercise exert beneficial effect as normalization of deranged lipid profile, body weight, BMI etc. There was no uneven sign and symptoms were complained by the patient during the therapy.

CONCLUSION

Thus, it is considerate that *Ilaj bil ghiza* is effective and safe in the management of dyslipidemia. It is a safe and cost effective treatment to control the Non-communicable diseases like obesity, diabetes, hypertension, CHD, metabolic syndrome etc. These are the natural approaches for prevention and control of dyslipidemia, which help in reducing cardiovascular events.

Conflict of Interest

None declared.

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