

CLINICAL EVALUATION OF PUSKARMULA (INULA RACEMOSA) CAPSULE IN THE PATIENTS OF METABOLIC SYNDROME

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ABSTRACT

Metabolic Syndrome (MS) is a multi-factorial metabolic disorder affecting millions of people worldwide. Insulin resistance and abdominal obesity vice-versa affects each other and it may lead to poorly understood complex set of biological mechanism at cellular level, which play a significant role in the genesis of MS and other associated risk factors. In this perspective Ayurveda strongly focused on two concepts of diseases first one related to outcome of over-nutrition and second one related to under-nutrition. The disease MS is the outcome of over nutrition due to defective tissue metabolism. This study reveals to observe the safety and efficacy of an Ayurvedic drug Cap. Puškarmūla in the patients of Metabolic Syndrome. A total 60 patients of MS of either sex were enrolled in the present study and were followed for a period of 3 months with monthly follow ups. The patients were divided in to 3 groups on the basis of their treatment strategies. The study showed significant improvement in BMI ($p=0.000$) in group B & C, SBP ($p= 0.10$ in group B & $p= 0.001$ in group C) and dyslipidemia ($p= 0.000$ in group B & $p= 0.001$ in group C for S. cholesterol) in patients of MS.

KEYWORDS: Diabetes Mellitus, Dyslipidemia, Hyperglycaemia, Insulin Resistance, Metabolic Syndrome