

Effect of Cloves and Turmeric on Hyperlipidemics

R. Balasasirekha* and U. K. Lakshmi

*Department of Food Science and Nutrition, Avinashilingam Deemed University for Women,
Coimbatore 641 043, Tamil Nadu, India*

**E-mail: balasasirekhar@yahoo.co.in*

KEYWORDS Spices. Hyperlipidemics. Triglycerides. Total Cholesterol. HDL. LDL. VLDL

ABSTRACT Spices have been used to preserve food, enhance flavour and as remedies for a long list of ailments and are effective in controlling serum lipids. The objectives of the study were to analyse the nutritive values and active principles of cloves and turmeric, prepare the respective spice capsules and to supplement the diets of hyperlipidemic adults with the spice capsules for a period of three months. A group of 45 mild to moderate hyperlipidemics were selected for the supplementation study and were divided into three groups (15 each), two supplementation groups and one control group. To one group, cloves and to the other turmeric, both in the form of capsules were supplemented. Cloves and turmeric after a series of processing were made into capsules of 500 mg each. Clinical examination and biochemical parameters were evaluated before and after supplementation. The results revealed that most of the clinical symptoms experienced by the cloves supplemented group disappeared whereas only few symptoms disappeared in turmeric supplemented group. Cloves supplemented group of hyperlipidemics showed a maximum reduction in total cholesterol, triglycerides, LDL and VLDL cholesterol and an increase in the HDL cholesterol which were significant at one per cent level. No change was observed in the turmeric supplemented and control group.