Observation
The present study included 27 subjects which were divided into 3 groups. Each group comprised of 9 subjects.

Study comprised of subjects who were hypercholesterolemic (>200mg/dl) or were having high serum triglyceride levels (>200mg/dl) or both.

Subjects of group A were counselled to take one clove of raw garlic. Subjects of group B were counselled to take 4 garlic pearls and of group C were counselled to take simvastatin 20mg per day respectively. The care was taken not to consider the individuals who had taken drug other than specified to particular group with any effect on serum lipid lipoprotein profile.

All these were considered to note the response of raw garlic, garlic pearls and simvastatin on the lipid lipoprotein profile i.e. the levels of serum total cholesterol (STC), serum triglyceride (STG), serum high density lipoprotein (HDL), serum low density lipoprotein (LDL) and LDL/HDL ratio.
Abbreviations used in the tables are:

STC  Serum total cholesterol
STG  Serum triglyceride
HDL  Serum high density lipoprotein
VLDL Serum very low density lipoprotein
LDL  Serum low density lipoprotein
LDL/HDL Ratio of low density lipoprotein to high density lipoprotein
M/F  Male/female
MI   Myocardial infarction
With* Withdrawal
AV Block Atrioventricular block
NIDDM Non insulin dependent diabetes mellitus
RBBB Right Bundle branch block
TB   Tuberculosis
CAD  coronary artery disease
- Puttan, 40 years/M
- Anterior wall MI with sinus arrest
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl \times 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**
Basal –
High STC, Normal STG,
Normal HDL and High LDL

After 4 weeks of treatment –
12.4% ↓ (STC), 13.5% ↑ (STG),
2.1% ↓ (HDL), 16.3% ↓ (LDL)

After 12 weeks of treatment –
17.4% ↓ (STC), 10.6% ↑ (STG),
2.1% ↓ (HDL), 25.6% ↓ (LDL)

After 3 months of withdrawal –
7.5% ↓ (STC), 12.7% ↑ (STG),
2.1% ↓ (HDL), 11.3% ↓ (LDL)
Premdubey, 46 years/F

- Systemic hypertension with 1st degree AV block
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl

STG mmol/L = mg/dl x 0.0114

HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** -

- High STC, Normal STG,
- Normal HDL and High LDL

**After 4 weeks of treatment** -

- 9.7% ↓ (STC), 14.45% ↓ (STG),
- No change in HDL, 11.7% ↓ (LDL)

**After 12 weeks of treatment** -

- 11.6% ↓ (STC), 19.3% ↓ (STG),
- 4.8% ↑ (HDL), 15.1% ↓ (LDL)
- Ragvendra Sharma, 68 years/M
- Acute Anterior wall MI
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** –
- High STC, Normal STG,
- Normal HDL and High LDL

**After 4 weeks of treatment** –
- 7% ↓(STC), 4.06% ↓(STG),
- 2.2% ↓(HDL), 8.9% ↓(LDL)

**After 3 months of withdrawal** –
- 4% ↓(STC), 1.6% ↓(STG),
- 2.2% ↓(HDL), 4.8% ↓(LDL)
- Madan Mohan Soni, 41 years/M
- Diabetes Mellitus
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

- **Basal**
  - High STC, Normal STG,
  - Normal HDL and High LDL

- **After 4 weeks of treatment**
  - 3.2% ↓ (STC), 12.5% ↓ (STG),
  - No change in HDL, 2.1% ↓ (LDL)

- **After 12 weeks of treatment**
  - 4.6% ↓ (STC), 33.12% ↓ (STG),
  - No change in HDL, 0.7% ↑ (LDL)

- **After 3 months of withdrawal**
  - 0.92% ↓ (STC), 15% ↓ (STG),
  - No change in HDL, 2% ↑ (LDL)
Raja Bai, 52 years/F
- Systemic hypertension
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal**
- High STC, Normal STG,
- Normal HDL and High LDL

**After 4 weeks of treatment**
- 6.1% ↓(STC), 1.23% ↓(STG),
- No change in HDL, 9.5% ↓(LDL)
- Ramrati, 40 years/F
- Adult Nephrotic syndrome
- Hypercholesterolemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl \times 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** –
- High STC, High STG,
- Normal HDL and High LDL

**After 4 weeks of treatment** –
- 5.0% ↓(STC), 12.66% ↓(STG),
- 1.81% ↓(HDL), 3.25% ↓(LDL)
- Lila Devi, 60 years/F
- Systemic hypertension
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal**
- High STC, Normal STG,
- Normal HDL and High LDL

**After 4 weeks of treatment**
- 6.6% ↓(STC), 6.8% ↑(STG),
- 2.2% ↓(HDL), 9.5% ↓(LDL)

**After 12 weeks of treatment**
- 9.9% ↓(STC), 3.8% ↑(STG),
- 2.2% ↓(HDL), 13.9% ↓(LDL)

**After 3 months of withdrawal**
- 0.94% ↓(STC), 8.7% ↑(STG),
- No Change in HDL, 2.3% ↓(LDL)
- Shanti Devi, 65 years/F
- NIDDM with diabetic nephropathy with dyslipidemia
- Hypercholesterolemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:
Basal –
High STC, High STG,
Low HDL and High LDL

After 4 weeks of treatment –
3.96% (STC), 15.4% (STG),
3.8% (HDL), 1.09% (LDL)

After 12 weeks of treatment –
5.9% (STC), 19.9% (STG),
3.8% (HDL), 0.19% (LDL)

After 3 months of withdrawal –
1.9% (STC), 16.0% (STG),
No change in HDL, 6.0% (LDL)
- Dinesh Kumar Gupta,
  43 years/M
- Systemic hypertension
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** –
- High STC, Normal STG,
- Normal HDL and High LDL

**After 12 weeks of treatment** –
- 7.2% ↓ (STC), 10% ↓ (STG),
- No change in HDL, 8.9% ↓ (LDL)
- S.A. Kadri, 42 years/M
- Lateral wall ischemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal**
- Normal STC, High STG,
- Normal HDL and High LDL

**After 4 weeks of treatment**
- 1.07% ↓(STC), No change in STG,
- 6.6% ↓(HDL), 0.97% ↑(LDL)

**After 12 weeks of treatment**
- 3.72% ↓(STC), 13.5% ↓(STG),
- 6.6% ↓(HDL), 0.97% ↑(LDL)

**After 3 months of withdrawal**
- 1.06% ↓(STC), 10% ↓(STG),
- 2.2% ↓(HDL), 2.91% ↑(LDL)
- M. Barua, 45 years/F
- Systemic hypertension
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal**
- High STC, Normal STG,
- Normal HDL and High LDL

**After 4 weeks of treatment** –
- 2.3% ↓ (STC), 23% ↓ (STG),
- 12.5% ↑ (HDL), 2.3% ↓ (LDL)

**After 12 weeks of treatment** –
- 3.2% ↓ (STC), 29.6% ↓ (STG),
- 12.5% ↑ (HDL), 2.0% ↑ (LDL)

**After 3 months of withdrawal** –
- 0.92% ↓ (STC), 23% ↓ (STG),
- 10% ↑ (HDL), 0.4% ↑ (LDL)
• Sunil Kumar, 35 years/M
• Systemic hypertension
• Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:

Basal –
High STC, Normal STG,
Normal HDL and High LDL

After 4 weeks of treatment –
6% ↓(STC), 8.2% ↓(STG),
7.1% ↑(HDL), 9.6% ↓(LDL)

After 12 weeks of treatment –
9% ↓(STC), 21.7% ↓(STG),
7.1% ↑(HDL), 11.2% ↓(LDL)

After 3 months of withdrawal –
5.5% ↑(STC), 21.7% ↓(STG),
2.3% ↑(HDL), 13.7% ↑(LDL)
- Hanuman Prasad, 66 years/M
- Cellulitis with post infectious glomerulonephritis
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** –
High STC, Normal STG,
Normal HDL and High LDL

**After 4 weeks of treatment** –
5% ↓(STC), 9.19% ↓(STG),
2.2% ↓(HDL), 4.6% ↓(LDL)
- Ashok Srivastava, 39 years/M
- Systemic hypertension
- Hypercholesterolemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal**
- High STC, High STG,
- Normal HDL and High LDL

**After 4 weeks of treatment** –
- 11.7% ↓(STC), 11.6% ↓(STG),
- No change in HDL, 17.06% ↓(LDL)

**After 12 weeks of treatment** –
- 14.1% ↓(STC), 30% ↓(STG),
- 6.6% ↑(HDL), 15.5% ↓(LDL)

**After 3 months of withdrawal** –
- 7.3% ↓(STC), 18.6% ↓(STG),
- 2.1% ↑(HDL), 6.4% ↓(LDL)
- Kamta Prasad, 50 years/M
- Adult nephrotic syndrome with pulmonary TB
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

- Basal –
  - High STC, Normal STG,
  - Normal HDL and High LDL

- After 4 weeks of treatment –
  - 6.6% ↓(STC), No change in STG,
  - 4.6% ↑(HDL), 9.9% ↓(LDL)
- Chandrashekar Diwedi,  
  52 years/M
- Extensive anterior wall MI with  
  R.B.B.B.
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

Basal –

High STC, Normal STG,
Normal HDL and High LDL

After 4 weeks of treatment –

5.2% ↓(STC), 2% ↓(STG),
4.7% ↑(HDL), 8% ↓(LDL)

After 12 weeks of treatment –

7.3% ↓(STC), 2% ↓(STG),
4.7% ↑(HDL), 10.9% ↓(LDL)
- Ramgopal K., 50 years/M
- Systemic hypertension with acute coronary syndrome
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** —
Normal STC, high STG,
Normal HDL and High LDL

**After 4 weeks of treatment** —
1.5% ↓(STC), 2.4% ↓(STG),
2.1% ↑(HDL), 0.92% ↓(LDL)

**After 12 weeks of treatment** —
4.6% ↓(STC), 15.1% ↓(STG),
2.1% ↓(HDL), 1.7% ↓(LDL)

**After 3 months of withdrawal** —
2.5% ↑(STC), 8.2% ↓(STG),
4.2% ↓(HDL), 9.6% ↑(LDL)
GARLIC PEARLS GROUP

- Omar Mohammad, 60 years/M
- Acute inferior wall MI with antero-lateral ischemia
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** –
High STC, Normal STG,
Normal HDL and High LDL

**After 4 weeks of treatment** –
5.6% ↓(STC), 13% ↓(STG),
2.2% ↑(HDL), 6.5% ↓(LDL)

**After 12 weeks of treatment** –
12.26% ↓(STC), 16.3% ↓(STG),
2.2% ↑(HDL), 16% ↓(LDL)

**After 3 months of withdrawal** –
2.8% ↓(STC), 4.5% ↓(STG),
No change in HDL, 3.3% ↓(LDL)
- Sunil Khattar, 53 years/M
- Diabetes Mellitus
- Hypercholesterolemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl \times 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:
Basal –
High STC, High STG,
Normal HDL and Normal LDL

After 4 weeks of treatment –
3% ↓(STC), 20% ↓(STG),
5.8% ↑(HDL), 7.8% ↑(LDL)

After 12 weeks of treatment –
19% ↓(STC), 48% ↓(STG),
9.6% ↑(HDL), 9.2% ↓(LDL)

After 3 months of withdrawal –
12% ↓(STC), 30% ↓(STG),
5.8% ↑(HDL), 13.4% ↓(LDL)
- Laxmi Bai, 60 years/F
- Diabetes mellitus with old anterior wall MI with diabetic nephropathy
- Hypercholesterolemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal**
- High STC, Normal STG,
- Normal HDL and High LDL

**After 4 weeks of treatment**
- 2% ↓ (STC), 9.0% ↓ (STG),
- No change in HDL, 1.3% ↓ (LDL)

**After 12 weeks of treatment**
- 12% ↓ (STC), 7.5% ↓ (STG),
- No change in HDL, 18.5% ↓ (LDL)

**After 3 months of withdrawal**
- 20% ↑ (STC), 9.0% ↓ (STG),
- 1.8% ↓ (HDL), 36.5% ↑ (LDL)
- Prabhudayal Yadav,
  40 years/M
- CAD, unstable angina, old inferior 
  wall MI
- Hypercholesterolemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

**Fasting values:**

Basal –
- High STC, High STG,
- Normal HDL and High LDL

After 4 weeks of treatment –
- 7.0% ↓(STC), 1.7% ↓(STG),
- 6.6% ↓(HDL), 9.4% ↓(LDL)

After 12 weeks of treatment –
- 17.5% ↓(STC), 14.2% ↓(STG),
- 6.6% ↑(HDL), 27.5% ↓(LDL)
**SIMVASTATIN GROUP**

- Santosh Jain, 42 years/M
- Unstable angina
- Hypercholesterolemia
- Hypertriglyceridemia

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STC 1 mmol/L = 38.76 mg/dl  
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HDL mmol/L = mg/dl / 38.76

**Fasting values:**

**Basal** –  
High STC, High STG,  
Normal HDL and High LDL

**After 4 weeks of treatment** –  
3.2% ↓ (STC), 19.8% ↓ (STG),  
2.0% ↑ (HDL), 2.0% ↑ (LDL)

**After 12 weeks of treatment** –  
8.5% ↓ (STC), 30% ↓ (STG),  
4.1% ↑ (HDL), 2.6% ↓ (LDL)

**After 3 months of withdrawal** –  
5.0% ↓ (STC), 22% ↓ (STG),  
6.25% ↓ (HDL), 2.6% ↑ (LDL)
SIMVASTATIN GROUP

- Meera Bai, 36 years/F
- Stable angina
- Hypercholesterolemia
- Hypertriglyceridemia

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HDL mmol/L = mg/dl / 38.76

Fasting values:
Basal –
High STC, High STG,
Normal HDL and Normal LDL

After 4 weeks of treatment –
5.2% ↓ (STC), 18.8% ↓ (STG),
1.6% ↑ (HDL), 9.27% ↓ (LDL)

After 12 weeks of treatment –
11.8% ↓ (STC), 41.5% ↓ (STG),
3.3% ↑ (HDL), 9.6% ↓ (LDL)
- Harnarayan, 50 years/M
- Anterior wall MI
- Hypercholesterolemia

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<td>172</td>
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<tr>
<td>1 month after</td>
<td>183</td>
</tr>
<tr>
<td>3 month after</td>
<td>186</td>
</tr>
</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:

Basal –
- High STC, Low STG,
- Normal HDL and High LDL

After 4 weeks of treatment –
- 10% ↓ (STC), 4.1% ↓ (STG),
- 5% ↑ (HDL), 17.5% ↓ (LDL)

After 12 weeks of treatment –
- 14% ↓ (STC), 7.6% ↓ (STG),
- 5% ↑ (HDL), 21.3% ↓ (LDL)

After 3 months of withdrawal –
- 7% ↓ (STC), 2.8% ↓ (STG),
- 12.5% ↑ (HDL), 13.7% ↓ (LDL)
- D.C. Puneet, 68 years/M
- Systemic hypertension
- Hypercholesterolemia
- Hypertriglyceridemia

<table>
<thead>
<tr>
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<tr>
<td></td>
<td>STC</td>
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<tr>
<td>Basal</td>
<td>200</td>
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<tr>
<td>4 week</td>
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<tr>
<td>12 week</td>
<td>194</td>
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<tr>
<td>1 month after with</td>
<td>200</td>
</tr>
<tr>
<td>3 month after with</td>
<td>217</td>
</tr>
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</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl x 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:
Basal –
   High STC, High STG,
   Normal HDL and High LDL
After 4 weeks of treatment –
   No change in STC, 15% ↓ (STG),
   No change in HDL, 6.8% ↑ (LDL)
After 12 weeks of treatment –
   3% ↓ (STC), 31.3% ↓ (STG),
   6.6% ↑ (HDL), 5.5% ↑ (LDL)
After 3 months of withdrawal –
   8.5% ↑ (STC), 54% ↓ (STG),
   No change in HDL, 39.8% ↑ (LDL)
• K.V. Nayak, 43 years/M
• Acute inferior wall MI with systemic hypertension
• Hypercholesterolemia

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<tr>
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<td>4 week</td>
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<td>12 week</td>
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<td>1 month after with</td>
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<tr>
<td>3 month after with</td>
<td>196</td>
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</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:
Basal –
- High STC, Normal STG,
- Normal HDL and High LDL

After 4 weeks of treatment –
- No change in STC, 4.2% ↓ (STG),
- No change in HDL, 0.92% ↑ (LDL)

After 12 weeks of treatment –
- 3.1% ↓ (STC), 9.3% ↓ (STG),
- 5% ↑ (HDL), 3.8% ↓ (LDL)

After 3 months of withdrawal –
- 2% ↓ (STC), 7.1% ↓ (STG),
- 5% ↓ (HDL), No change in LDL
SIMVASTATIN GROUP

- Shiv dayal, 42 years/M
- Systemic hypertension
- Hypercholesterolemia

<table>
<thead>
<tr>
<th></th>
<th>STC</th>
<th>STG</th>
<th>HDL</th>
<th>VLDL</th>
<th>LDL</th>
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<td>134</td>
<td>49</td>
<td>26.8</td>
<td>114.2</td>
<td>2.3:1</td>
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<tr>
<td>12 week</td>
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<td>25.2</td>
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<td>1 month after with</td>
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<td>2.6:1</td>
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<td>197</td>
<td>130</td>
<td>47</td>
<td>26.0</td>
<td>124.0</td>
<td>2.6:1</td>
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</tbody>
</table>

STC 1 mmol/L = 38.76 mg/dl
STG mmol/L = mg/dl × 0.0114
HDL mmol/L = mg/dl / 38.76

Fasting values:

Basal –
High STC, Normal STG,
Normal HDL and High LDL

After 4 weeks of treatment –
12.03% ↓(STC), 1.47% ↓(STG),
2.08% ↑(HDL), 19.0% ↓(LDL)

After 12 weeks of treatment –
12.03% ↓(STC), 7.4% ↓(STG),
2.08% ↑(HDL), 17.9% ↓(LDL)

After 3 months of withdrawal –
8.8% ↓(STC), 4.4% ↓(STG),
2.08% ↓(HDL), 12.05% ↓(LDL)