Summary & Conclusion
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This study consisted of 27 subjects which were randomly being grouped into three groups, each group comprised of 9 subjects. Individuals who were hypercholesterolemic (>200mg/dl) or were having high serum triglyceride level (>200 mg/dl) or both were selected for the study. Individuals of group A were counselled to take one clove of raw garlic per day. Subjects of group B were counselled to take 4 garlic pearls (each capsule containing 0.625mg of garlic oil, i.e. garlic oil 0.25% w/w excipients qs to 250mg). Individuals of group C were counselled to take simvastatin 20mg per day.

Changes in serum total cholesterol in the simvastatin group was statistically very significant (p<0.001) after 12 weeks of treatment. No significant effect was found in the raw garlic and garlic pearls group although the levels decreased after 12 weeks of treatment.

No significant effect was found in the levels of STG, HDL and LDL in any of the group after 12 weeks of treatment.

After 3 months of withdrawal the values of STC, STG, LDL and HDL remain statistically insignificant in all the three groups.