SUMMARY & CONCLUSION
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The present study included 32 subjects none of them proved cases of Hypercholesterolemic on the basis of fasting STC.

All Subjects showed a large day by day variation in fasting total Serum cholesterol however, serum total cholesterol values were within normal range.

The female subjects age range (20-40 yrs) mean age 30.6±6.44 years showed a large variation in fasting serum total cholesterol as compared to male subjects age range (22-40 yrs) mean age 28.76±5.85 years.

Various group study showed a marked fluctuation in serum total cholesterol after single fat diet feeding or even treatment with anti hypercholesterolemic drugs.

Thus in our opinion we must be cautious about interpreting the group data shows benefits or harms of various dietary measures or drugs on lipoproteins because in this study we have observed that there are fluctuations in fasting serum total cholesterol when done even daily without treatment or any dietary changes.

So changes in fasting serum lipoproteins when done after weeks or months apart in open trials may themselves shows greater
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So changes in fasting serum lipoproteins when done after weeks or months apart in open trails may themselves shows greater
fluctuations, this should always be taken into consideration when accepting the beneficial claims of drugs which show few % of rise of High Density lipoproteins (HDL) or fall of LDL by few % as proof of their efficacy.