SUMMARY AND CONCLUSION
The present study was conducted on 10 male healthy volunteers, 10 patients each of hypertension and ischaemic heart disease and 11 patients of diabetes mellitus. The purpose was to evaluate the response of an individual to stress of a single high cholesterol fat test load in health and disease. Following conclusions were drawn.

1. Two distinct responses were seen in behaviour of STC and LDL at 1 hour after feeding single high cholesterol test diet.
   Type I response: Majority of the healthy subjects (60%) and NIDDM subjects showed a significant fall in STC and LDL at 1 hour.
   Type II response: In minority of healthy (10%) and NIDDM and majority of IDDM, IHD and hypertension subjects a rise in STC and LDL at 1 hour was seen.

2. At 3 hours, STC values showed a tendency to return towards basal values. While the 3 hour values were below basal values in group A and D, they were above basal values in group B and C.

3. Basal HDL levels were lowest in IHD subjects.
4. Smokers and sedentary patients in all groups had higher level of STG, VLDL and LDL and much lower level of HDL as compared to non-smokers and moderately active patients.

5. Highest basal levels of STG was seen in diabetic subjects.

6. A distinct rise in STG level was seen at 1 hour after feeding in all except IHD patients. IHD patients did not show any appreciable change in STG.

7. The feeding induced rise in STG was maximum in diabetic subjects.

8. Changes in VLDL and LDL were exactly similar to that seen in STG and STC respectively.