

Lipid lowering activity of Phyllanthus niruri in hyperlipemic rats.

J Ethnopharmacol. 2002 Sep;82(1):19-22
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Aim: To study the lipid (fat) lowering activity of Phyllanthus niruri (Break-Stone) in cholesterol-fed hyperlipemic rats.

Method: Rats were fed 100mg/kg b.w. with Break-Stone herb extract while simultaneously fed cholesterol (250 mg/kg b.w.) for 30 days.

Results: The Break-Stone herb extract significantly lowered the lipid levels of VLDL (very low density lipoproteins) and LDL in experimental animals.

How Break-Stone herb works to lower LDL cholesterol:

- Inhibition of cholesterol biosynthesis
- Increased fecal bile acids excretion
- Increased plasma lecithin
- Cholesterol acyltransferase activity

Implications: Regular use of Break-Stone (Phyllanthus niruri) capsules, liquid or tea will help maintain a healthy ratio of LDL to total cholesterol.