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Cloudy serum of a male patient of hypertriglyceridemia: Case report

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Abstract

Hypertriglyceridemia is defined as an abnormal concentration of triglyceride in the blood and has been associated with atherosclerosis, even in the absence of hypercholesterolemia. In Unani system of medicine this type of conditions are described under the heading of dasoomat in the blood (presence of lipids) and it is considered as harmful for the body. This is a report of a 65-year-old Muslim Khan family male who comes to our GOPD for acute onset of polyurea, nocturnal urine, breathlessness and fatigue especially in the evening. The blood pressure of patient was recorded as 140 mmHg systolic and 104 mmHg diastolic. Blood sample which was collected for laboratory examination on the day of visitation has shown cloudy or turbid serum after centrifugation due to high presence of triglycerides, cholesterol etc. such type of presentation revealed the increased prevalence of dyslipidemia, suggesting increased risk of developing coronary artery disease leading to infarcts. Combination of Unani medicine lifestyle therapies i.e., enhanced physical activity and dietary modification and therapeutic intervention would help us in the treatment and management of dyslipidemia.

Keywords: Hypertriglyceridemia, Unani medicine, triglyceride, dyslipidemia, cloudy serum

Introduction

Hyperglyceridemia is defined as an abnormal concentration of triglycerides in the blood and has been associated with atherosclerosis, even in the absence of hypercholesterolemia^[1]. High concentration of triglyceridemia also indicates pancreatitis^[2]. Recent studies have reported that high cholesterol is present in 25–30% of urban and 15–20% rural subjects^[3]. According to National Cholesterol Education Program Adult Treatment Panel (NCEP ATP III) guidelines, normal triglyceride level is 150 mg/dL^[4]. In India, the prevalence of hypertriglyceridemia defined as a triglyceride level >150 mg/dL is 3.4%^[5]. The prevalence has been increasing at an alarming rate throughout the globe over the past two decades. In classical Unani literature the description of hyperlipidaemia (Fart-e-tadassum-fid-dam) is not as such but Unani scholars were well aware regarding dasoomat (lipid inside the blood) and they described it under the heading Saman-e-Mufrat (obesity)^[6]. If Hararat-e-Ghareezia (innate heat) of body becomes low due to excess of Baroodat-e-Mizaj (coldness of temperament) that leads to excessive accumulation of Shaham (fat) in body and balgham in blood causes “Imtilai Kaifiyat (increase in vasopressure)” which causes loss of vasodilatation of vessels and finally decreases the Hararat-e-ghareezia^[7-10].

Case presentation

This is a report of a 65-year-old Muslim Khan family male who comes to our Regional Research Institute of Unani Medicine (RRIUM), Aligarh for acute onset of polyurea, nocturnal urine, breathlessness and fatigue especially in the evening. He had no past medical history of any lifestyle disorders or other systemic disease. His lifestyle is very different from common people. He was an iron welder in a multinational company and 100 percent vegetarian from last twenty years, non-smoker, non-alcoholic and never on regular medication for any systemic disease. On physical examination he is muscular man with body-mass index was 37.4. During the record of his family history, it is found that his elder brother with hyperlipidemia and premature Coronary Heart Disease (CHD). On questioning, he also revealed that he takes homoeopathic medicine for indigestion/dyspepsia 2-3 time in a day from last couple of years. He used clarified butter in a good quantity in every meal since last forty years. The blood pressure of patient was recorded as 140 mmHg systolic and 104 mmHg diastolic. Blood sample which was collected for laboratory examination on the day of visitation has shown cloudy or turbid serum after centrifugation as shown in figure below.

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The blood sugar fasting was 137.6 mg/dl and PP was 207.1 mg/dl. Blood Urea Nitrogen 5.40 md/dl, S. Creatinine 1.38 mg/dl and Uric acid were 9.15 mg/dl. For analysis of S. cholesterol and triglycerides, SGOT, SGPT, Serum Amylase and Serum Lipase the serum was diluted six times and reading was taken the values are 300.7 mg/dl, 861.1, 31.8 IU/L and 21.24 IU/L 32 U/L, 442 U/L respectively. Earlier also the almost the same case were reported from USA ^[11] and West Bengal ^[11].

Results

High values of lipid profile and serum amylase and lipase suggested the patient having hypertriglyceridemia due to pancreatitis. Regional Research Institute of Unani Medicine, Aligarh under Central council for Research in Unani Medicine, aegis of Ministry of AYUSH, Govt. of India is a centre for clinical validation of Unani medicine. It has a good bio-chemistry and pathology lab, although Unani system of medicine has numbers of medicine to reduce and control the hyperlipidemia, hypercholesterolemia, hypertriglyceridemia, mixed hyperlipoproteinemia etc. But the institute has not the facility to tackle the emergency condition especially for such type of patients. So the patient was advised to change the diet and lifestyle (exercise and walk daily) and to consult in the cardiology department of JNMC, Aligarh.

Conclusion

This case suggesting that he is at an increased risk of developing CAD leading to infarcts. Combination lifestyle therapies i.e., enhanced physical activity and dietary modification and Unani and allopathic therapeutic intervention would help us in the treatment and management of hypertriglyceridemia.

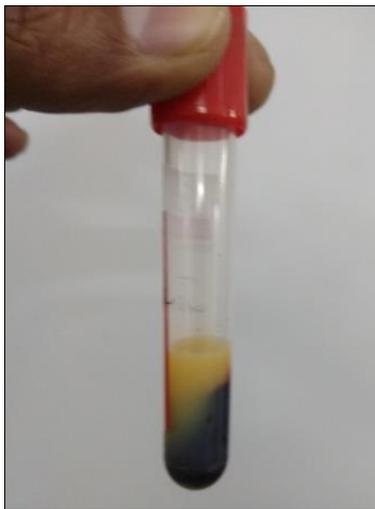


Fig 1: Serum Showing Cloudy appearance

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